

Salmon with Mango–Mint Sauce

Ingredients

- 4 salmon fillets (5–6 oz each), skin on
- 1 Tbsp olive oil
- ½ tsp fine sea salt, ¼ tsp black pepper
- Lemon wedges, to serve

Mango–Mint Sauce

- 1 ripe mango, peeled and diced small (about 1–1¼ cups)
- 2 Tbsp fresh mint, finely chopped
- 1 Tbsp red onion, very finely minced
- 1 Tbsp lime juice
- 1 tsp honey (optional)
- Pinch salt

Instructions

1. Make the sauce first: In a bowl combine mango, mint, red onion, lime juice, honey (if using), and a pinch of salt. Stir, taste, adjust lime/salt. Refrigerate while you cook the salmon so flavors meld.

2. Prep the salmon: Pat fillets dry with paper towels (dry fish sears better). Rub all over with olive oil, then season with salt and pepper.
3. Cook (stovetop): Heat a large skillet over medium-high. Place salmon skin-side down and cook 4–6 minutes until the skin is crisp and flesh is $\frac{3}{4}$ opaque. Flip and cook 1–2 minutes more, just until the center flakes with a fork.
4. Serve: Transfer to plates, spoon mango–mint sauce over the top. Add lemon wedges.

Notes

- Oven option: 400°F (205°C) for 10–12 minutes on a lined sheet pan.
- For extra freshness, fold $\frac{1}{2}$ diced avocado into the sauce right before serving.