

Gotta  
**LOVE**  
- Tassie -  
SEAFOOD

# SALMON TACOS WITH MANGO AND JALAPENO SALSA



**30 mins prep**  
**10 mins cook**

## SERVES 4

---

- 400g salmon fillets, skin off
  - 2 tbsp olive oil
  - flaked salt, to taste
  - 2 mangoes, diced
  - 2 green jalapeño, finely chopped
  - 2 limes, juiced
  - 1/3 bunch coriander, chopped
  - 1 red onion, thinly sliced
  - 100 ml apple cider vinegar
  - 1 tbsp caster sugar
  - 1 tsp cooking salt
  - 8 tortillas
- 

## PICKLED ONIONS

In a small saucepan, combine the apple cider vinegar, caster sugar, and cooking salt. Heat the mixture over medium heat, stirring occasionally, until the sugar and salt are completely dissolved. Remove from heat and cool slightly. Pour warm vinegar mixture over the thinly sliced red onions in a bowl. Let the onions sit in the mixture for at least 30 minutes before using.

## SALSA

In a bowl, combine the diced mango, finely chopped jalapeño, lime juice, and chopped coriander. Mix well and set aside.

## SALMON

Preheat a grill or pan over medium-high heat. Brush salmon fillets with olive oil and season with flaked salt and pepper. Grill or pan-sear salmon for 3-4 minutes on each side, or until cooked through. Let it rest for a few minutes, then flake salmon into bite-sized pieces.

## SERVE

Place salmon and a couple of tablespoons of salsa on warmed tortilla. Top with pickled onions.

*Recipe by Tassal Group*