

Grilled Tilapia with Cilantro Mango Salsa

Recipe By *Sina Mizrahi*



Cooking and Prep:  50
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Serves:  4

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Passover, Nine
Days

Diet: Gluten Free, Low Fat,
Low Carb, Pescetarian, Paleo

Source: Relish by Binah
Magazine

It's no wonder tilapia is one of the most highly consumed seafoods in America: mildly flavored and relatively inexpensive, the fish is a practical and appealing choice.

Ingredients (11)

Fish

- 4 tilapia fillets
- 1 teaspoon salt
- 2 tablespoons oil

juice from 1/2 lemon

2 tablespoons Tuscanini Apricot Jam

Chutney

1 mango, cubed

1 large red bell pepper, cubed

1 jalapeno, finely chopped

1/2 large red onion, finely chopped

1 bunch cilantro, finely chopped

juice from 1/2 lime

Start Cooking

For the Fish

1. Place the fish in a baking dish or large mixing bowl and sprinkle the salt, oil, and lemon juice. Rub the marinade into the fillets and let sit for 15-20 minutes.
2. Combine the chutney ingredients in a bowl: mango, pepper, jalapeno, red onion, and cilantro. Squeeze the lime over it and toss well. Season lightly with a pinch of salt and refrigerate until ready to serve.
3. Grease a grill pan with oil and heat it on medium heat until very hot.
4. Add the fish and cook on one side until grill marks appear, about 3 minutes. Flip and cook on the other side until white and opaque, another 2-3 minutes.
5. Brush each fillet with the apricot jam immediately after being cooked and place on a plate. Top with a tablespoon of salsa and serve warm.