

## Grilled Salmon with Tomato Mango Chutney

### What You'll Need

- › 4-4 oz. Portions (1 inch thick) of fresh or thawed Atlantic salmon with skin on one side. (trout also works well)
- › ¼ Cup dried coriander
- › 1 tsp. Kosher salt
- › 1 tsp. Black pepper
- › 1/8 Cup sesame seeds
- › Salt and pepper
- › 1 tbsp. Olive or vegetable oil

### Chutney

- › ½ Cup quartered cherry tomatoes
- › ½ Cup of frozen corn (or 1 cob of corn)
- › ¼ Cup red onion diced small
- › ½ Cup small diced mango
- › ¼ Cup fresh chopped cilantro
- › ¼ tsp. Crush dried chili pepper
- › 1 tsp. Sesame oil
- › Salt and pepper



### Directions

1. Wash and pat dry salmon with a paper towel
2. Liberally coat with dried dill, coriander, salt, pepper, and top with sesame seeds. This will form a crunchy crust.
3. Preheat heavy frying pan to medium-high heat. (Cast iron or oven-ready pan)
4. Preheat oven to 350°F. Add 1 tbsp. olive or vegetable oil.
5. Place coated fish flesh down and sear for 3 minutes or until crust has formed.
6. Carefully turn fish onto skin side and cook another 3 minutes until skin has been seared.
7. Place pan in oven on middle rack and turn broiler onto high for 5 minutes.
8. This will finish cooking the fish in the center and brown the top further.

#### Mango Chutney

1. Mix tomatoes, corn, red onion, mango, cilantro chili pepper, and sesame oil in a bowl.
2. Season with salt and pepper.