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.