

Spicy fish & mango salad

Search:

- [Dinner](#)
- [Salad](#)
- [Seafood](#)
- [Recipes](#)

Spicy fish & mango salad

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Spicy fish & mango salad



Rate this recipe

3 people are cooking this [Count me in](#)

Ingredients (serves 2)

- 1 mango
- 1 Lebanese cucumber, sliced
- ½ green or red capsicum char-grilled and cut into thin strips
- 1 tbsp fresh coriander (chopped)
- 2 tbsp fresh lime or lemon juice
- 1 tsp fresh ginger, grated
- 1 tbsp light soy sauce
- 1 tbsp sweet chilli sauce
- 2 fish fillets (about 200g)
- Olive oil

Method

Peel mango and slice into thin strips. Place into a bowl with capsicum and cucumber and toss.

In another small bowl, mix together lemon juice, ginger, soy sauce, sweet chilli sauce and chopped coriander. Set aside while cooking fish.

Preheat a char-grill or barbecue. Rub fish fillets with a little oil and cook over high heat for 3-4 minutes on each side or until cooked.

Spicy fish & mango salad

Place some [salad](#) on each plate and top with cooked fish fillet.

Drizzle dressing over fish and serve.

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```