

Flounder Tacos with Mango Salsa



Recipe courtesy Chef Tamie Cook

YIELD: 4 SERVINGS

FISH:

1/2 cup olive oil
2 tablespoons freshly squeezed lime juice
1/4 cup chopped fresh cilantro, divided
2 cloves garlic, minced
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 1/2 pounds flounder filets, cut into 1/4-inch cubes
Non-stick spray

Taco shells of your choice

FOR THE FISH:

Place the olive oil, lime juice, cilantro, garlic, salt, and pepper in a medium bowl and whisk to combine. Add the fish and gently stir to combine. Cover and refrigerate for 30 minutes or up to 1 hour.

FOR THE SALSA:

Place the mango, red onion, bell pepper, jalapeno pepper, lime juice, lemon juice, and cilantro into a medium mixing bowl and gently toss to combine. Taste and season with salt as desired. Cover and refrigerate until ready to use.

Transfer the fish to colander and drain off marinade. Heat a cast iron skillet over medium heat until hot. Coat the bottom of the skillet with cooking spray. Add the fish and cook 2 to 3 minutes, stirring occasionally, until golden brown and just cooked through.

Fill taco shells with fish, top with salsa and serve while warm.

SALSA:

1 large ripe mango, peeled and diced
1/2 small red onion, julienned
1/2 yellow bell pepper, diced
1 small jalapeno pepper, seeded and diced
1 tablespoon freshly squeezed lime juice
1 tablespoon freshly squeezed lemon juice
1 tablespoon chopped fresh cilantro
1/2 teaspoon sea salt

