

Spiced Salmon With Mango Chutney



This simple to prepare salmon pairs beautifully with the sweet and sour chutney where bright mango shines alongside warm Indian spices for a flavor packed main dish.

YIELD 8 SERVINGS	PREP TIME 25 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

For the Chutney:

2 tsp	Olive Oil
2 each	Cloves, whole
½ tsp	Coriander, ground
½ tsp	Ginger, ground
¼ tsp	Cumin, ground
⅛ tsp	Cardamom, ground
⅛ tsp	Turmeric, ground
⅛ tsp	Red Pepper Flakes
⅛ tsp	Black Pepper, ground
¼ medium	Red Onion, diced small
½ medium	Red Pepper, diced small
2 cloves	Garlic, minced
2 each	Mangos, ripe, peeled and diced small
¼ cup	White Wine Vinegar
1 Tbsp	Honey
1 Tbsp	Brown Sugar
¼ tsp	Kosher Salt

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat the oven to 350°F and line a sheet tray with parchment paper or foil.
2. Make the chutney: In a small sauce pot, heat the oil over medium heat. Once hot, add the cloves, coriander, ginger, cumin, cardamom, turmeric, pepper flakes and black pepper. Using a rubber spatula, continuously stir the spice mixture until fragrant, about 60-90 seconds.
3. Add the onion to the pot, and sauté until softened, about 1-2 minutes. Add the bell pepper, continue to sauté until softened, about 1-2 minutes, and then add in the garlic and continue to sauté until lightly golden, about 30-60 seconds more.
4. Add the mango, vinegar, honey, brown sugar and salt to the pot, stirring well to combine. Bring the chutney to a simmer and then reduce the heat to medium-low. Simmer, uncovered until thickened and the mango is tender, about 20 minutes.

CHEF'S NOTES

Chutneys are flavorful Indian condiments that can be sweet, savory, or spicy. They can include fruits, vegetables, or herbs, and are combined with spices, acid, and sugar to add balance or highlight flavors in a meal.

Salmon's heart healthy fats help it to stay extra moist and juicy during this gentle, hands-off cooking method.

For the Salmon:

2 lb	Salmon, cut into 8 - 4oz. fillets, skin removed or skin on
1 Tbsp	Olive Oil
2 Tbsp	Garam Masala
2 tsp	Coriander, ground
1 tsp	Cumin, ground
½ tsp	Kosher Salt
To Taste	Black Pepper, ground

- To finish the chutney, remove the pot from the heat and remove the whole cloves from the mixture. Using a potato masher, mash the chutney until it is mostly smooth with some small chunks. Cover and set aside.
- Make the salmon: While the chutney is cooking, place the salmon fillets on the prepared sheet tray, skin-side down.
- In a small bowl, combine the olive oil, garam masala, coriander, cumin, salt and pepper. Using a spoon, mix the spices until combined and then divide evenly over the tops of each salmon fillet. Use your fingers to rub the oil and spice mixture over the salmon evenly on all sides.
- Place the salmon in the preheated oven and bake until the fish is opaque, flakes easily with a fork and reaches an internal temperature of 145°F in the thickest part of the fillet, about 15-20 minutes. Serve the salmon with the chutney on the side.

Nutrition Facts	
8 servings per container	
Serving Size	4 oz. salmon with 2 Tbsp chutney (172 g)
Amount per serving	
Calories	300
% Daily Value *	
Total Fat 18g	23%
Saturated Fat 3.5g	18%
<i>Trans Fat 0g</i>	
Cholesterol 60mg	21%
Sodium 220mg	10%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 8g	
Contains less than 1g Added Sugars	1%
Protein 24g	48%
Vitamin D 13mcg	63%
Calcium 20mg	0%
Iron 0.6mg	3%
Potassium 500mg	11%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Recipe adapted from *Health meets Food*, "Roasted Pork Tenderloin with Mango Chutney" (3/15/21)

