



## **Blackened Salmon with Coconut Rice and Mango Salsa**

Prep Time:20  
minutes

Cook Time:20  
minutes  
mins

Servings: 4 people

## Ingredients

### FOR THE COCONUT RICE

- 2 cups white rice
- 2 cups water
- 1 400mL can of coconut milk ( use low fat for lower calorie meal )
- 1/2 tsp salt
- 1 tbsp white sugar

### FOR THE BLACKENED SALMON

- 4 4 ounce salmon filets
- 2 tsp chili powder
- 2 tsp garlic powder
- 1 tsp paprika
- 2 tsp salt
- 1 tsp black pepper
- olive oil spray

### FOR THE MANGO SALSA

- 1 mango
- 1/2 green bell pepper
- 1/2 red onion
- 1 avocado
- 1/2 cup cilantro leaves
- 1/2 lime
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 tsp garlic powder
- 1 tsp tajin seasoning

## Instructions

### MAKE THE COCONUT RICE

- Bring to a boil, then turn the heat down to medium and simmer for 20 minutes. Uncover the pot, stir, and cook uncovered for another 5 minutes, stirring occasionally. Once the rice is creamy and fully cooked, turn off the stove and remove pot from the hot burner.

### MAKE THE BLACKENED SALMON

- Preheat the oven or air fryer to 400°F. While the rice is cooking, stir together the chili powder, garlic powder, paprika, salt and pepper in a small bowl.
- Gently pat the salmon dry with paper towels. Divide the spice mixture on top of each salmon, and rub the front, back and sides until they are fully

coated.

- Line a baking sheet with foil, spray with olive oil spray, and place the salmon on top. Spray the tops of the salmon lightly with olive oil. Bake for 8-10 minutes until the top is lightly charred, and set aside to rest.

#### MAKE THE MANGO SALSA

- Chop the mango, green bell pepper, red onion, and avocado into similar size cubes. Remove the cilantro leaves from the stem and finely chop them. Add everything to a bowl and stir together.
- Squeeze the juice of 1/2 a lime on top, and add salt, pepper, garlic powder and tajin seasoning. Stir together gently.
- Plate the rice and salmon, and top with mango salsa. Serve with extra lime wedges and chopped cilantro. Enjoy!