



Stuart's Favourite "Light and Fresh" Mango Salsa White Fish

Purchase 4 fillets of any type of mild white fish from our fish counter (tilapia, sole, orange roughy, haddock etc). If frozen thaw in refrigerator overnight.

Mango Salsa:

Mix the following:

- 1 diced mango
- 1 diced tomato
- ¼ cup of chopped fresh parsley or cilantro (or a bit of both)
- 3 tbsp of extra virgin olive oil (Sold in our Pantry)
- A pinch of salt and pepper (to taste)

Instructions:

Preheat oven to 350°F

Place filets in a glass baking dish that is lightly oiled to prevent sticking. Pour mango salsa over fish. (Hint: this can be done a head of time so fish can marinate in the sauce). Bake at 350°F for ~25-30 minutes. Oven times may vary. Enjoy.

Possible serving suggestions:

Green beans and wild rice
Broccoli almandine and couscous
Tabouleh salad
Asparagus and baked potato

Serves ~ 4