

Grilled Fish with Mango and Coconut Salad

Budget-friendly recipe

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Ready in: 20 mins.

Nathen, one of our Marshallese youth chefs, impressed us all with this delicious and flavorful fish. The refreshing, summery salad completes the meal. If you don't have mango, ripe peaches or kiwis go well with fish, too.



Ingredients

Dressing:

1½ tablespoons Fresh lime juice

1 tablespoon Olive oil

1 teaspoon Honey

½ teaspoon Crushed red pepper

Fish & Salad:

2 tablespoons coconut milk

3 Cloves garlic *minced*

¼ teaspoon Salt

½ teaspoon Ground black pepper

1 pound firm, white fish *like mahi mahi, opakapaka (pink snapper), or cod*

6 cups Mixed salad greens *washed and torn into bite-sized pieces*

¼ cup toasted unsweetened flaked coconut

1 ripe mango *peeled and diced*

What You'll Need

Measuring spoons

Measuring cups

Cutting board

Chef knife

Small bowl

Medium bowl

Grill/broiler/heavy skillet

Spatula

Directions

1. In a small bowl, stir together all the ingredients for the dressing. Set aside.
2. In a medium bowl, stir together coconut milk, garlic, salt and pepper. Add the fish and turn to coat evenly. Let marinate 30 minutes, or refrigerate overnight.
3. Heat a grill, broiler, or heavy skillet. Cook fish just until tender, 3 to 5 minutes each side. Transfer fish to a cutting board and break into small pieces.
4. In a large bowl, combine greens, mango and fish. Drizzle in the dressing and toss gently to mix. Sprinkle with flaked coconut. Top salad with fish, and serve immediately.

Nutrition Info and more

Serving size: 2 cups

Total calories: 243 Total fat: 8.3 g Saturated fat: 4 g Carbohydrates: 20 g Protein: 23 g Fiber: 2.5 g Sodium: 598 mg