



SALT-STEAMED HADDOCK WITH AVOCADO-MANGO SALSA

Chef's Selections, Main Meals

Kosher, Sea Salt

Difficulty Level: ●●○○○

Prep Time: 20 minutes

Cook Time: 6 minutes



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Ingredients

- 1 1/2 cups Windsor® Kosher Salt or Windsor® Coarse Sea Salt
- 1 1/2 lbs haddock fillets *
- 2 limes (sliced)
- Windsor® Extra Coarse Sea Salt (to taste)

Avocado-Mango Salsa

- 1 avocado (ripe, diced)
- 1 mango (ripe, diced)
- 1 cup cherry tomatoes (diced)
- 1/4 red onion (diced)
- 1 tbsp lime juice
- 1/4 cup cilantro (diced)
- 1 tsp Windsor® Fine Sea Salt

Preparation

1. Spread salt in large heavy or cast iron pan. Heat on medium-high for about 4 minutes, or until salt is hot.
2. Place lime slices on top of salt followed by fish. Cover, reduce heat to medium and cook for 3-5 minutes. If salt is starting to smoke excessively, turn heat down.
3. Fish is done when opaque and starting to flake. Do not overcook. Using lifter, transfer fish to cutting board. Brush off any clinging salt. Add Windsor Extra Coarse Sea Salt to taste. Place fish fillet on top of Avocado-Mango Salsa.

Avocado-Mango Salsa

1. Combine all salsa ingredients. Serve with fish.

Servings: 6 servings; 1/4 cup (50 ml) salsa per serving

*if desired, substitute haddock with halibut or other fillet such as trout, snapper or salmon.

Per serving | Calories 190 | Fat 4.5 g | Carbohydrate 12 g | Protein 25 g