

Grilled Rockfish with Mango Salsa

Rockfish is a tasty and sustainable seafood option for summer dining. Stovetop grilling provides a quick preparation method, and adding a mango salsa topping really makes the flavor meter jump. We'll add some black bean and roasted corn quinoa along with sliced avocado and tomato to the plate.

Preparation time: 45 mins. - Serves: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients so they're easy to add when needed. It makes cooking much easier. Prep 2 cloves chopped garlic today: 1 for the Quinoa/Black Bean dish and 1 for the salsa.

Low-sodium Tomato Salsa and Mango Salsa

Quick, Low-sodium Tomato Salsa:

- 1 clove garlic (smashed and chopped)
- 1/2 C. yellow onion (chopped)
- 1 Jalapeno pepper (seeded and finely-chopped)
- 1 Anaheim pepper (seeded and finely-chopped)
- 1/4 C. cilantro leaves (chopped)
- one 15 oz. can no-salt diced tomatoes
- juice from one-half lime
- pinch of salt

Mango Salsa:

- 1 C. fresh mango (chopped)
- 1 C. low-sodium tomato salsa (from above)

Quinoa, Corn and Black Beans

Quinoa:

- 1 C. dry quinoa
- 2 C. water

Quinoa, Corn and Black Beans

- 2 tsp. olive oil
- 1/2 C. frozen or fresh corn
- 1 clove garlic (smashed and chopped)
- 1 C. cooked quinoa (made earlier)
- 1/2 C. canned black beans (drained and rinsed)
- 1/4 C. green onions (chopped)
- 1 tsp. chili powder
- 1/4 tsp. ground cumin
- 1/4 C. low-sodium vegetable broth
- 3 T. cilantro (chopped)
- 1 T. lime juice

Tomato/Avocado Salad

- 1 slicing tomato (sliced and halved)
- 1 ripe avocado (sliced)
- 1 tsp. lime juice
- 2 tsp. olive oil
- 1 tsp. balsamic vinegar

Grilled Rockfish

- 1 tsp. canola oil (for oiling grill)
- 10 oz. rockfish fillets
- drizzle of lime juice

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by putting some quinoa on to cook. Bring quinoa and water to a hard boil. Turn off heat, cover and let stand for about 20 minutes.

Low-sodium Tomato Salsa and Mango Salsa

Low-sodium Tomato Salsa: Combine all ingredients, except canned tomatoes, in a food processor. Chop well. Add diced tomatoes and pulse a few times to mix.

Mango Salsa: Measure 1/2 C. chopped mango into a medium-size bowl. Mash slightly with a potato masher. Stir in remaining 1/2 cup mango pieces and 1 C. Low-sodium Tomato Salsa. Set aside.

Quinoa, Corn and Black Beans

Heat olive oil in a small sauté pan until it begins to shimmer. Add corn and toss until corn starts to brown. Add chopped garlic to corn and toss until garlic becomes fragrant. Remove from heat.

Measure 1 C. cooked quinoa into a medium-sized bowl. Add drained black beans, chopped green onion and seared corn to the bowl.

Mix chili powder, ground cumin and broth in a small bowl. Pour over quinoa, beans and corn mixture. Cover and microwave 1 minute. Toss in chopped cilantro and lime juice. Set aside.

Tomato/Avocado Salad

Arrange alternate slices of avocado and tomato on one side of dinner plates and drizzle with a mixture of olive oil and balsamic vinegar.

Grilled Rockfish/Plate

Grilled Rockfish:

Spread oil on a stovetop griddle on medium high heat. Place fillets on griddle. Cook first side until the edges begin to turn white. Flip with a fish spatula and cook 4 minutes. Drizzle with lime juice. Serve immediately.

Plate:

Divide rockfish between two dinner plates next to tomato/avocado slices. Place a serving of 1/3 C. mango salsa alongside fillets. Divide quinoa/corn/and beans mixture between plates.

What I've Learned from this Recipe

The two added fruits (dressed tomato and avocado) add great color and freshness to the plate. All of the flavors work together so if some of the lime juice and oil run together it's just fine.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com