

TANDOORI-SPICED RED SNAPPER WITH MANGO AND BLACK BEAN SALAD



Thompson
DeLight

Recipes under 450 calories

Ingredients

Servings: 12

For the red snapper

- 12 red snapper fillets, 4 to 5 ounces each
- 1 tablespoon salt
- 1/3 cup tandoori spice
- 4 tablespoons coconut oil

For the salad

- 3 ripe mangoes, medium dice
- 3 cups cooked black beans
- 1/2 red onion, medium dice
- 1 red bell pepper, medium dice
- 1 bunch cilantro, rough chop
- Juice of 3 limes

For the red snapper

- Pat the red snapper until it's dry.
- Season the red snapper with salt, and then coat with the tandoori spice.
- Heat a 12-inch nonstick sauté pan over medium heat.
- Add 1 tablespoon of coconut oil, and then add 3 fish fillets to the pan, skin side down.
- Cook for 3 minutes, flip and cook for 2 minutes.
- Remove the fish from the pan and continue cooking the remaining 3 batches.

For the salad

- Add the mangoes, black beans, red onion, bell pepper, cilantro and lime juice to a mixing bowl.
- Toss until combined. Season to taste and serve with the red snapper.



Celebrating Food, Art & Culture

