Dinner

Smoky Pepper Salmon with Fresh Fruit Salsa

Oven baked sockeye salmon fillets are coated in a smoky pepper mixture and finished with a bright watermelon and mango salsa.



Dairy free

20 min	260	21 g	15 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 4 (4 ounce) sockeye salmon fillets
- [ ] 1/2 cup chipotle pepper in adobo sauce (chopped)
- [ ] 1 tbsp olive oil
- [ ] 2 cup seedless watermelon (small diced)
- [ ] 15 oz canned mango packed in water (drained and small diced)
- [ ] 1/2 small red onion (small diced)
- [ ] 1 whole jalapeño pepper (minced)
- [ ] 1 tsp lime zest
- [ ] 2 tbsp fresh lime juice
- [ ] 1/4 tsp kosher salt
- [ ] 1/8 tsp black pepper
- [ ] 1/4 cup fresh cilantro (chopped)

Nutrition Facts

Per serving

Calories	**260**
Total fat	9 g
Saturated fat	1.5 g
Sodium	480 mg
Total carbs	21 g
Fiber	3 g
Total sugars	15 g
Protein	28 g

Method

- [ ] **1** Heat your oven to 400°F. Cover a baking sheet with aluminum foil, then set the sockeye salmon fillets on top of it.
- [ ] **2** Give the chipotle pepper in adobo sauce a fine chop, drop it into a small bowl with the olive oil, and stir until blended. Coat each salmon fillet with this mixture.
- [ ] **3** Transfer the baking sheet to the hot oven and let the fish bake for 8-10 minutes, pulling it out once it registers 145°F.
- [ ] **4** While the fish bakes, build the salsa by stirring the small diced seedless watermelon together with the canned mango packed in water, drained and cut into small pieces, plus the diced red onion, minced jalapeño pepper, lime zest, fresh lime juice, Kosher Salt, black pepper, and chopped fresh cilantro in a mixing bowl until everything is evenly distributed.
- [ ] **5** Split the cooked salmon among serving plates and spoon the watermelon salsa over the top of each portion.

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