



Servings 4

Prep Time 30 min

Cooking Time 30 min

Walleye with Mango Salsa and Cauliflower Rice



Directions

Step 1

In a bowl, combine diced mango, red bell pepper, onion, cilantro, cayenne pepper, garlic powder and juice of half a lime. Then gently fold in diced avocado with kosher salt, to taste. Set aside.

Step 2

To make the cauliflower rice, coat the bottom of a pan with olive oil and heat over medium. Add cauliflower rice and sauté for about 5-7 minutes, stirring frequently, until tender. Season to taste and keep warm.

Step 3

Pat fish dry with paper towels and season with Mrs. Dash and salt, to taste.

In a clean non-stick skillet, heat olive oil until shimmering. Lay fish flesh-side down in the hot oil and cook until golden. Carefully flip with a fish spatula. Cook fish in batches, allowing space between fillets. Add more oil to the pan as needed.

Step 4

Serve fish immediately with warm cauliflower rice, mango salsa and lime wedges on the side.

Ingredients

- 1 pound of boneless walleye fillets
- Kosher salt, to taste
- Mrs. Dash Seasoning, any blend
- 1 semi-ripe mango (1¾-2 cups of diced mango)
- ½ cup of diced red bell pepper
- ¼ cup of diced red onion
- Freshly chopped cilantro (leaves and stems), to taste
- ⅛ teaspoon of cayenne pepper, or to taste
- Dash of garlic powder
- 1-2 limes
- Half a semi-ripe avocado, diced
- 1 pound of cauliflower rice
- Olive oil

