

Glazed Trout with Mango Salsa & Kickin' Mango Balsamic



Instructions:

- **Prepare the Salsa:** Combine mango, red onion, jalapeño, cilantro, lime juice, and salt in a bowl. Let chill in the fridge for 10–15 minutes to allow flavors to blend.
- **Grill the Trout:** Pat trout dry. Brush both sides with olive oil and season with salt and pepper. Heat grill to medium-high. Place fish skin-side down and grill for 4–5 minutes per side, or until cooked through and flaky. Squeeze lime over the top as it finishes.
- **Make the Glaze:** In a small saucepan or microwave-safe bowl, gently warm the Kickin' Mango Balsamic and honey together. Drizzle lightly over the grilled trout before serving.
- **To Serve:** Top grilled trout with a generous scoop of mango salsa and an extra drizzle of the mango balsamic glaze. Serve with rice or grilled vegetables.

Ingredients:

For the Trout:

- 2 whole trout (cleaned, butterflied or filleted)
- 2 tbsp Oliverde Herbes de Provence Olive Oil (or your choice of neutral oil)
- Salt and pepper, to taste
- 1 lime, halved

For the Mango Salsa:

- 1 ripe mango, diced
- ¼ red onion, finely chopped
- 1 small jalapeño, seeded and minced
- ¼ cup chopped fresh cilantro
- Juice of 1 lime
- Pinch of sea salt

For the Glaze:

- 1½ tbsp Oliverde Kickin' Mango Balsamic
- 1 tsp honey (optional for extra sweetness)