

BLACKENED SALMON TACOS WITH RICE AND MANGO GUACAMOLE

Preparation: 10 minutes | Cooking: 40 minutes | Servings: 4

INGREDIENTS

1 pound fresh salmon
8 corn tortillas
1 avocado
1 mango, diced
1/2 jalapeno, seeded and minced
1 lime, zested and juiced
3/4 cup uncooked forbidden/black rice (substitute: brown rice)
1/4 cup red onion, diced
1/4 cup cilantro, chopped
1 tablespoon blackening seasoning
Salt and pepper to taste



INSTRUCTIONS

Begin by cooking rice as instructed on packaging. Preheat oven to 400 degrees. Line baking sheet with parchment paper and lightly grease to prevent the salmon from sticking to the pan. Place salmon skin-side down and sprinkle with the blackening seasoning until desired blackening. Bake the salmon for 15-20 minutes or until it easily flakes with a fork. While salmon is cooking, prepare the mango guacamole. In a medium bowl, add the avocado and mash until desired consistency. Add in diced red onion, jalapeno, cilantro, lime zest and juice and mango. Stir well until combined. Add salt and pepper to taste. Once the salmon and rice are done cooking, assemble tacos and enjoy!