



## Sauteed Coral Trout Fillets with Sweet Chilli Mango Drizzle

### Ingredients

Fresh Coral Trout fillets  
Sprigs of lemon thyme for cooking  
Small amount of oil for cooking  
Salt & pepper  
1 cup diced mango (can be frozen, if out of season)  
2 teaspoons of sweet chilli sauce (or to taste)

### Fresh Salad for serving

Oak leaf or baby cos lettuce  
6-8 halved cherry tomatoes  
Yellow capsicum  
Lemon thyme sprigs to garnish

### Method

1. Puree 1 cup of fresh or frozen mango in a blender or food processor, add sweet chilli sauce to taste, puree until mango is a smooth consistency. If you're after a bit more bite, finely dice some fresh chillies and mix through mango and sauce blend.
2. Preheat BBQ plate or skillet until quite hot. Add a small amount of oil to prevent sticking, brush hot plate with a sprig of lemon thyme to help bring out the flavours.
3. Place fillets on hot plate and season with salt and cracked pepper and top with a sprig of lemon thyme on each fillet. Cook for 2-3 mins each side (maybe longer if fillets are large).
4. Do the fork test to check whether it's cooked (poke thickest part of fillet with fork, if fork slides out easily without sticking, fish is cooked).
5. Plate up on fresh salad, drizzle with mango saucy goodness, serve and enjoy!

### The Reverend Recommends serving with ice cold:

Burleigh Heads Twisted Palm Beer

*or*

Matso's Mango Beer

