



Lime-and-jalapeño-steamed fish with mango salsa fresca

Time: 30 mins

Serves 4

½ small to medium white onion

1 large jalapeño

2 limes

Four 6-to-8-ounce fillets white fish, such as flounder, cod, haddock, grouper, or halibut

Salt

Extra-virgin olive oil, for drizzling

1 large or 2 small mangos or 8 ounces pre-sliced mango

½ cup finely chopped cilantro

Preheat the oven and prepare the parchment paper

Preheat the oven to 450°F.

Pull out four 16-inch pieces of parchment paper and have 2 rimmed baking sheets ready.

Prepare the onion, jalapeño, and one of the limes

Halve your 1/2 onion through the root to form wedges that are each a quarter of the onion. Thinly slice one of the quarters and transfer to a bowl. This will be for steaming the fish.

Finely chop the other quarter and transfer to another bowl. This will be for the salsa.

Cut the jalapeño in half lengthwise. Slice one of the halves crosswise and transfer to the bowl with the sliced onion for steaming the fish. (I like leaving in the seeds here for a little heat but you can remove them if you don't want a lot of spice.)

Finely chop the remaining half jalapeno and transfer to the bowl for the salsa. (I like to remove the seeds for the salsa.)

Prepare and bake the fish packets

Finely zest 1 of the limes into the bowl of veggies for steaming the fish, then cut the lime in half.

Working with 1 piece of parchment at a time, arrange the paper with the long side facing you. Fold it in half so the left side meets the right side, as if you're folding a book and press to crease.

Open up the halved parchment and arrange a fish fillet on the right half of the paper, near the crease. Sprinkle the fish on both sides lightly with salt. Squeeze some juice from the halved lime over the fish, then top with about one-quarter of the sliced onion-jalapeño mixture.

Drizzle the fish with olive oil (about 1 tablespoon).

Fold the left side of the parchment over the right to enclose the fish. Starting from the bottom left corner, fold the parchment toward the fish on an angle, as if you're crimping dough. Working all the way around, continue folding the paper toward the fish goal is to fully enclose the fish.

Transfer the packet to one of the baking sheets.

Repeat with the remaining fish.

Bake the fish until the packets are puffed and the fish is opaque throughout, about 6 minutes for thin fillets (thinner than 1/2 inch), 8 minutes for fillets between 1/2 inch and 1 inch, and 10 minutes for fillets thicker than 1 inch.

Finish the salsa and serve

Dice the mango into bite-sized pieces and add to the chopped onion and jalapeno.

Zest the other lime into the bowl, then halve and squeeze the juice into the bowl. Add a pinch of salt and toss, then taste and season with more salt, if desired.

Stir in the cilantro.

When the fish is finished cooking, let the packets stand for 1 minute. You can then open the packets and transfer the fish with the juices to plates or put a packet directly on the plate.

Serve, passing mango salsa at the table.

If you don't want to mess with the packets...

Preheat the oven to 400°F and line a rimmed baking sheet with parchment paper.

Arrange the fish fillets on the parchment. Season the fish with salt and drizzle with lime juice and olive oil. Divide the sliced onion and jalapeno mixture over the fish.

Bake the fish until it's opaque throughout, about 6 minutes for thin fillets (thinner than ½ inch), 8 minutes for fillets between ½ inch and 1 inch, and 10 minutes for fillets thicker than 1 inch.

The short version

- Preheat the oven to 450°F and pull four 16-inch pieces of parchment paper.
- Thinly slice one-quarter of the onion and half the jalapeño and toss together to steam with the fish. Finely chop the other quarter onion and half jalapeño for the salsa.
- Finely zest 1 of the limes and add to the veggies for steaming the fish.
- Build your parchment packets, putting one piece of fish in each. Season the fish with salt and drizzle with lime juice. Top with a quarter of the onion-mixture in each, then drizzle with olive oil. Close the packets.
- Bake the fish, about 6 minutes for thin fillets (thinner than ½ inch), 8 minutes for fillets between ½ inch and 1 inch, and 10 minutes for fillets thicker than 1 inch.
- Dice the mango and add to the salsa. Season with salt and stir in the cilantro.
- Serve the fish, passing the salsa at the table.

Swaps

- Instead of white onion, use red onion. (It might stain the fish when steaming, however.)
- Instead of jalapeno, use serrano chiles or for something spicier with a fruitier flavor, try habanero chiles.
- Instead of mango, you could use peaches (they're best when in season) or cherry tomatoes for a more traditional pico de gallo.

Bonus points

- To bulk this out, serve with rice and/or black beans.
- You can warm some tortillas and serve the fish and salsa as tacos.
- Or serve some tortilla chips alongside.