

# CAJUN SWORDFISH WITH MANGO SALSA

## Ingredients

1 lb swordfish steak  
cajun seasoning of your choice (I prefer Zatarain's)  
2 large mangos, peeled, and diced  
1 can black beans, rinsed and drained  
Kernels from 2 ears of corn, or 1 C frozen and thawed or 1 can rinsed and drained  
1 small jalapeño, seeded and minced  
1/4 red onion, minced  
1 large red bell pepper, finely diced  
1 head cilantro, chopped  
1/2 C fresh lime juice  
Cooked rice - 1/4 - 1/2 C per serving



## Instructions

1. To make the Mango Salsa, combine in a large bowl the mango, beans, corn, jalapeño, red onion, pepper, cilantro, lime juice and salt to taste. I like to add in 1/2 - 1 teaspoon of salt. Depending on your flavor preference, you may want to add more lime juice. Some limes aren't as strong as others I find.
2. Heat your grill to 450. Season sword steaks with cajun seasoning generously on each side. Grill steaks 5-6 minutes each side, or up to 15-20 minutes if you have a very thick piece of sword steak. Don't touch the sword until your ready to flip it, that way you get really nice grill marks.
3. Serve the swordfish with rice on the side, and a generous amount of mango salsa over the top. The mango salsa can keep in the fridge 3-5 days when stored in an airtight container.