



Photo by Devon O.Kocian

COOK 'N TELL

FANCY FISH SANDWICH

This is not your average fish sandwich. It's fun, easy, and just a bit fancy. Use any type of firm-fleshed fish fillets.

Fancy Fish Sandwich Ingredients

- 4 - 6 fish fillets, *depending on size*
- Extra-virgin olive oil
- Course salt & freshly ground black pepper, *to taste*
- 1 clove garlic, chopped
- Ciabatta bread — *enough for 4 sandwiches*
or, 8 thick slices of sourdough bread
- Mayonnaise of your choice
- Arugula leaves, *approx. 2 cups, loosely packed*

* Mango Magic Salsa (next column)

* Mango Magic Salsa Ingredients

- 1 ripe mango, peeled, pitted and diced
- 1/2 medium red onion, finely chopped
- 1 jalapeño pepper, minced
- 1 small cucumber, peeled and diced
- 1 medium red bell pepper, diced
- Fresh cilantro leaves, *approx. 3-4 Tbsp.*
- 1 large lime, squeezed
- Salt and pepper, *to taste*
— *Combine all ingredients in a bowl, and season to taste with salt and pepper.*

Add enough olive oil to cover bottom of skillet and heat to medium-high. Season fish fillets with salt and pepper. Gently place fillets in skillet (add chopped garlic) and saute until fish is opaque throughout and flakes easily. Approx. 1-4 min. on each side. Spread mayonnaise on bread. Top with arugula, fish fillets, and Mango Magic Salsa. — Bon Appétit