

SADLER'S

RESTAURANT • BAKERY

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BLACKENED TUNA WITH MANGO SALSA

2 large tuna steaks encrusted w/cajun seasoning
4 mangos, peeled and chopped
1 green pepper & Spanish onion, diced
1-2 Tbsp parsley, chopped, 1/4 cup vegetable oil
salt, pepper and tabasco sauce to taste

Blacken tuna in oil, in very hot pan. Continue cooking in oven for desired doneness. Mix next eight ingredients together in large bowl. Serve salsa over fish.



turkey soup • lobster corn chowder • peach & blueberry cobbler • encrusted pork
blackened tuna with mango salsa • summer pasta salad • waldorf salad • beef wellington
• pumpkin & prosciutto tart • roasted veggies sandwich

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