



HEALTHY GRILLED FISH WITH SALSA RECIPE



☰ Prep: 10 mins
 ⌚ Cook: 20 mins
 🍴 Serves: 2
 ★ ★ ★ ★ ★

Ingredients

- ▲ 2 corn cobs
- ▲ 1 tomato, chopped
- ▲ 1 Lebanese cucumber, chopped
- ▲ 1/2 avocado, chopped
- ▲ 1/2 capsicum, chopped
- ▲ 1/8 red onion, finely chopped
- ▲ 1 lime
- ▲ spray olive or canola oil spray
- ▲ 240 g firm white boneless fish fillet

Method

1. Place corn (with green husk still on) in a microwave-safe bowl with a tablespoon of water.
2. Microwave, covered, on HIGH (100%) for 4 minutes or until just tender.
3. In a medium bowl, add tomato, cucumber, avocado, capsicum, onion, coriander, pepper and juice of ½ a lime. Mix gently to combine.
4. Heat a griddle or large non-stick pan on medium-high heat.
5. Lightly spray corn with oil then cook, turning frequently, for 5 minutes or until lightly charred; set aside. Husks can be removed or left on.
6. Lightly spray fish with oil then cook for 2-3 minutes each side or until browned and cooked through.
7. Serve fish with corn, salsa and remaining lime.

Nutrition Information

	per serving	per 100g
Energy	1893 kJ	350 kJ
Protein	37 g	7 g
Fat, total	17 g	3 g
— saturated	3 g	0.6 g
Carbohydrate	30 g	6 g
— sugars	14 g	3 g
Sodium	140 mg	26 mg
Fibre	15 g	3 g