

# HEALTHY SPICY B.B.Q.

# FISH WITH MANGO SALAD

## RECIPE

☰ Prep: 15 mins

🕒 Cook: 15 mins

🍴 Servings: 4

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## Ingredients

- ▲ 4 barramundi fillets (about 100g each)
- ▲ 2 tsp ground coriander
- ▲ 1 tsp ground cumin
- ▲ 1 tsp ground tumeric
- ▲ 2 mangoes, peeled and cut along core into two large cheeks
- ▲ olive or canola oil spray
- ▲ 100 g baby spinach leaves
- ▲ 1 avocado, peeled, seeded and diced
- ▲ 1/2 cup coriander leaves , chopped
- ▲ juice of 1 lime
- ▲ 1/2 cup natural yoghurt
- ▲ lemon wedges, to serve

## Method

1. Add the ground coriander, ground cumin and ground turmeric into a shallow dish and mix well. Add fish fillets and turn to coat.
2. Preheat BBQ grill to high. Lightly spray mango cheeks with oil. Cook until lightly charred on each side and set aside.
3. Lightly spray the fish fillets with oil. Barbecue for 3-4 minutes on each side until cooked through.
4. For the salad, slice mango and combine in a bowl with spinach, avocado, coriander and lime juice.
5. Serve fish with mango salad, yoghurt and lemon wedges.

**\*\*LIVELIGHTER SUMMER BBQ RECIPE COMPETITION FINALIST\*\***  
Submitted by Gemma Oberholzer of Djugun

**Variation:** You can substitute the barramundi fillets for any firm white fish such as snapper, hake, ling, perch, mackerel, cod, seabass or coral trout. A drained can of mango in juice can be used instead of fresh mangoes. Pawpaw (papaya) can also be substituted. Bottled lime juice can also be used in place of a fresh lime.

## Nutrition Information

	per serving	per 100g
<b>Energy</b>	1301 kJ	433 kJ
	311 Cal	103 Cal
<b>Protein</b>	27 g	9 g
<b>Fat, total</b>	16 g	5 g
— saturated	4 g	1 g
<b>Carbohydrate</b>	13 g	4 g
— sugars	13 g	4 g
<b>Sodium</b>	120 mg	40 mg
<b>Fibre</b>	4 g	1 g