



LEMON PEPPER FISH WITH SALSA

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 10 mins

Serves: 4



INGREDIENTS

- **SALSA**
- 2 large tomatoes, finely chopped
- 4 spring onions, finely sliced
- 1 long green chilli (optional, omit for low disaccharide) finely sliced and seeds removed
- 1 tbsp baby capers
- ¼ cup mint, finely chopped
- 1 tbsp olive oil
- 4 Basa fish fillets, or similar
- 2 tsp finely grated lemon zest
- 1 tsp black pepper
- ½-1 tsp pink salt
- 2 bunches asparagus, coarse ends removed
- 2 tbsp coconut oil

METHOD

- Combine all salsa ingredients in a bowl, and mix well. Stand aside.
- In frying pan, melt 1 tbsp coconut oil over medium heat.
- Add asparagus spears, and chargrill for 3-5 minutes, turning until browning.
- Remove from pan and add the rest of the coconut oil.
- Add fish fillets, and sprinkle lemon zest, pepper and salt over the fish.
- Fry 3-4 minutes each side, until cooked through.
- Serve fish on plate, topped with salsa, and asparagus on the side.