



Mexican Style Fish Taco Salad (HS)

Serving: 1

Non Veg

Ingredients

- Serves 1
- 2 nos. lettuce leaves
- 50 gm Cod or Halibut fish
- 1/2th tsp olive oil for cooking
- 1/2th tsp cumin seeds powder
- 1/2th tsp chilli powder
- Salt and pepper to taste
- 2 cloves of garlic, finely chopped
- 3 tbsp finely chopped onions
- 1/2th tsp lemon juice
- 1 no. orange, segments removed
- 1 tbsp finely chopped coriander leaves
- 1 tomato, diced into square cubes
- 2 tbsp chopped avocado

Preparation Method

- 1. Sprinkle fish with cumin, chilli powder, salt, pepper and garlic cloves, making sure that both sides are well-spiced.
- 2. Heat the olive oil on a medium flame in a pan and add the fish skin side down and cook until flaky and white through the middle.
- 3. Remove from flame and add orange segments and squeeze lime over the fish.
- 4. In a serving plate make a bed of lettuce, onion, coriander leaves, tomatoes and avocado.
- 5. Top up with prepared mixture and serve immediately.