

Lime-marinated fish with cucumber & avocado salad



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Preparation: about 20 minutes + marinating time

Cooking: about 10 minutes

Serves: 4

2 tbs lime juice

2 tbs olive oil

Salt and ground black pepper

4 thick (200g each) white fish fillets, cutlets or steaks

Steamed jasmine rice and lime wedges, to serve

Cucumber & avocado salad

3 Lebanese cucumbers

1 just-ripe avocado, halved lengthways, peeled, deseeded and sliced

2 green onions (shallots), thinly sliced

1 tbs extra virgin olive oil

¼ cup unsalted roasted peanuts, chopped

2 tbs fried shallots*

1. Combine lime juice, olive oil and salt and pepper to taste in a shallow medium dish. Add fish, turn to coat, and marinate for 20 minutes.
2. Meanwhile, make cucumber & avocado salad, using a vegetable peeler, thinly slice cucumbers lengthways and place in a bowl. Add avocado, green onions and oil. Season with salt and pepper to taste. Toss to combine. Just before serving toss through peanuts and fried shallots.
3. Preheat a char-grill or barbecue on medium-high. Char-grill or barbecue fish for 4–6 minutes on each side (depending on thickness) until just cooked through. Serve fish with cucumber and avocado salad, steamed jasmine rice and lime wedges.



Cucumbers

- Supply few kilojoules (only 40 kJ/100g) and they come with a sprinkling of many minerals and vitamins.
- A good source of vitamin C, a vitamin that is vital to the body's defence against illness.
- Very low in sodium and so can help balance the average diet that has too much added salt.

* *Fried shallots are available from Asian food shops and large supermarkets.*

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