

Cod with cucumber, avocado & mango salsa salad

Good Food team

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Serves 2

Easy

Prep: 5 mins

Cook: 8 mins



If you're looking for a healthy lunch bursting with the colours and flavours of summer, this delicious cod, avocado and mango salad is low in fat and calories

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Gluten-free

Healthy

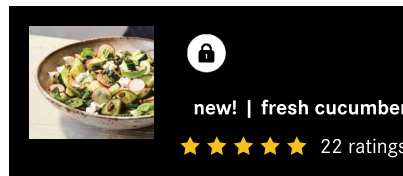
Alternatives

Complete the dish

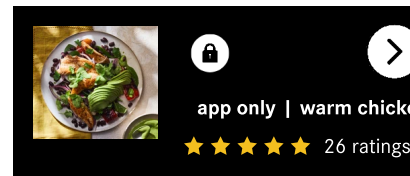


Chilli con carne recipe

★★★★★
2818 ratings



new! | fresh cucumber
★★★★★ 22 ratings



app only | warm chicken
★★★★★ 26 ratings

Ingredients

125g
cod fillets

1
lime
zested and juiced

1 small mango
peeled, stoned and chopped (or 2 peaches, stoned and chopped)

1

small avocado
stoned, peeled and sliced

¼ cucumber
chopped

160g
cherry tomatoes
quartered

1
red chilli
deseeded and chopped

2
spring onions
sliced

handful chopped coriander

Method

Step 1

Heat oven to 200C/180C fan/gas 6. Put the cod fillets in a shallow ovenproof dish and pour over half the lime juice, with a little of the zest, then grind over some black pepper. Bake for 8 mins or until the fish flakes easily but is still moist.

Step 2

Meanwhile, put the rest of the ingredients, plus the remaining lime juice and zest, in a bowl and combine well. Spoon onto plates and top with the cod, spooning over any juices in the dish.