
CHEF DALE SNIFFEN RECIPE

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GRILLED FISH WITH SALSA

Prep: 10 mins

Cook: 20 mins

Serves: 4

Ingredients

- 2 corn cobs, husk and silk removed, quartered
- 2 medium tomatoes, diced
- 1 Lebanese cucumber, diced
- 1 avocado, peeled, seeded and diced
- 1 red capsicum, seeded and diced
- 1/2 small red onion, finely chopped
- 1 long red chilli, seeded and finely chopped (optional)
- 2 tbs coriander stalks and leaves, chopped
- 2 tbs lime juice, plus lime wedges, to serve
- Olive oil
- 4 x 120 g firm white fish fillet

Method

In a medium bowl, add tomatoes, cucumber, avocado, capsicum, onion, chilli, coriander and lime juice. Mix gently to combine.

Heat a griddle or large non-stick pan on medium-high heat.

Lightly spray corn with oil then cook on pan, turning frequently, for 5 minutes or until lightly charred; set aside.

Lightly spray fish with oil then cook on grill for 2-3 minutes each side or until brown and cooked through.

Serve fish with corn, salad and lime wedges.