



Spiced Bream with Salsa

Serves 4 | 309 calories per serve

INGREDIENTS:

- 4 x 160g bream fillets
- 1 tablespoon ground cumin
- ½ teaspoon paprika
- 1 clove garlic, crushed
- 2 tablespoons olive oil
- 100g green beans

SALSA:

- 1 Lebanese cucumber, diced
- 2 tomatoes, finely diced
- ½ Spanish onion, finely diced
- 2 tablespoons coriander leaves, chopped
- 1 tablespoon balsamic vinegar

METHOD:

1. Place fish fillets into shallow baking tray. Combine cumin, paprika, garlic and oil to form a paste. Rub over the fish. Set aside for 20 minutes.
2. Preheat barbecue plate to high. Reduce heat to medium and spray with olive oil. Cook fish for 3 minutes each side, or until cooked through.
3. Steam beans until tender.
4. Combine all salsa ingredients in a bowl and toss to combine.
5. Serve fish with salsa and green beans.

NUTRITIONAL INFORMATION

(per serve*)

Calories:	309 cal
Kilojoules:	1292kJ
Protein:	33.1g
Fat Total:	17.5g
Fat Saturated:	4.2g
Cholesterol:	118mg
Carbohydrates:	3.5g
Dietary Fibre:	2.4g
Sodium:	148mg

*This recipe has 4 serves.