

Pan Seared Haddock with Pineapple Salsa

13 ingredients · 30 minutes · 4 servings



Directions

1. Combine pineapple, avocado, tomato, red pepper, cucumber, red onion, mint, lime juice and olive oil in a bowl. Season with sea salt and black pepper to taste. Toss well and set aside.
2. Heat coconut oil over medium heat in a large skillet. Pan fry the haddock fillets 3 - 4 minutes per side or until fish flakes with a fork.
3. Divide greens and cod fillets between plates. Top with a large spoonful or two of pineapple avocado salsa. Enjoy!

Notes

BBQ Version

Grill pineapple, tomato, red pepper and red onion on the grill before chopping for the salsa. Grill the fish afterwards.

No Haddock

Any type of white fish will do.

No Fish

Use chicken breast or steak instead.

Vegan

Skip the fish and use a veggie burger instead.

More Carbs

Serve with brown rice or quinoa.

Ingredients

- 1 cup Pineapple (diced)
- 1 Avocado (diced)
- 1 Tomato (diced)
- 1 Red Bell Pepper (diced)
- 1/2 Cucumber (diced)
- 1/4 cup Mint Leaves (chopped)
- 1/4 cup Red Onion (diced)
- 1 Lime (juiced)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Coconut Oil
- 4 Haddock Fillet
- 4 cups Mixed Greens