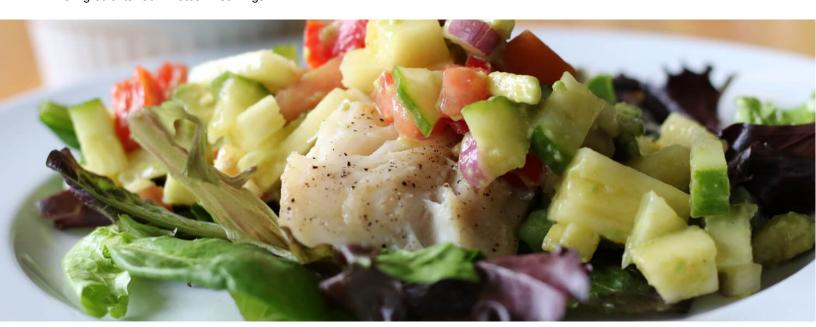
# Pan Seared Haddock with Pineapple Salsa

13 ingredients · 30 minutes · 4 servings



#### **Directions**

- 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

