




Pan Seared Haddock with Pineapple Salsa

#lunch #dinner #vegetarian #paleo #eggfree #glutenfree #nutfree #dairyfree #barbecue

 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