

# SALSA PICKEREL

**Time: 20 minutes**

**Serves: 4**

### Ingredients:

- 1 cup cilantro – finely chopped
- 1 jalapeno – seeded and finely chopped
- 2 tablespoons onion – finely chopped
- 1 tablespoon fresh lime juice
- 1 teaspoon wine vinegar
- $\frac{3}{4}$  teaspoon kosher salt
- $\frac{1}{2}$  teaspoon chili powder
- $\frac{1}{8}$  teaspoon fresh ground black pepper
- 1 tablespoon extra-virgin olive oil
- 1 pound pickerel filets
- 1 teaspoon ground cumin

### Preparation:

In a suitable bowl, mix together the cilantro, jalapeno, onion, lime juice, vinegar,  $\frac{1}{4}$  teaspoon of the salt, chili powder and the black pepper. Set this aside.

Preheat a pan on medium high. Season both sides of the fish with the remaining salt and the cumin. Place the fish in the pan, cooking for three minutes on each side.

Remove the fish from heat, plate and top with the salsa.

### Nutritional Information Per Serving:

- Calories: 141
- Fat: 6g
- Carbs: 0.1g
- Fibre: 0.1g
- Protein: 20g