

Recipe of the Week

Chilli Fish Salad

400g White Fish Fillets, cut into small chunks
2 cups Rocket
10 Cherry Tomatoes, halved
1/2 Medium Avocado, sliced
1 Shallot Stalk, finely chopped
4 Medium Mushrooms, finely sliced
10 Basil Leaves, torn
1 tbsp Fish Sauce
1 tbsp Soy Sauce
1 1/2 tsp *Blue Kitchen* Chilli Sauce
1 Lime, juiced
Salt & Pepper, to taste
1 tbsp *Pukara Estate* Olive Oil
Olive Oil Spray



In a medium bowl, combine fish sauce, soy sauce and 1 tsp of chilli. Add the fish and combine well. Cover and refrigerate for 30 minutes.

Once fish has marinated, spray a medium pan with olive oil spray and heat to medium heat., add fish and mushrooms and stir-fry for about 6-7 minutes.

While fish is cooking, prepare the salad dressing by combining lime juice, olive oil 1/2 tsp of chilli, salt and pepper.

Once fish is cooked, prepare salad. In a salad bowl add rocket, cherry tomatoes, shallots and Avocado. Top with fish, mushrooms and a drizzle of salad dressing, toss and serve immediately.

Recipe from The Tony Ferguson Weight-Loss Program