

BBQ Trout with Avocado-Mango Salsa

EASY recipe

1 cup cherry tomatoes, halved

½ tsp salt, divided

½ cup ripe mango, diced

Juice of 1 lime

1 ripe avocado, peeled and diced

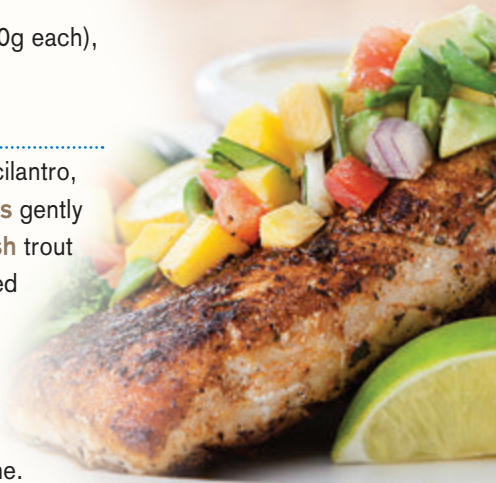
4 trout fillets (200g each),
deboned

2 tbsp fresh chopped cilantro

2 tsp olive oil

¼ cup finely diced red onion

In a medium bowl, combine tomato, mango, avocado, cilantro, onion and ¼ tsp salt. **Squeeze** on some lime juice. **Toss** gently and set aside. **Preheat** barbecue to medium-high. **Brush** trout with oil and sprinkle with remaining salt. **Lay** fish on oiled grill pan or directly on grill, skin-side down. **Close** lid and grill for about 8-9 minutes. **Remove** cooked fish by sliding large spatula between skin and flesh, leaving skin on the grill pan. **Transfer** trout to platter and serve topped with mango-avocado salsa and a squeeze of lime.



Serves 6. Per serving:

366 calories | 38g protein | 18g total fat | 3g saturated fat | 9g mono fat | 4g poly fat | 12g carbohydrate | 4g sugar | 4g fiber | 391mg sodium