

# Grilled Fish with Chunky Avocado Salsa



**Serves 2**

**Prep 10 mins**

**Cooking 10 mins**

**Easy**

## **Ingredients**

1 ripe avocado  
2 ripe plum tomatoes, each chopped into 6  
1 small red onion, finely sliced  
3 tbsp olive oil, plus some for drizzling  
juice half a lemon or 1lime  
small bunch parsley, leaves only  
2 x 140g fish fillets, such as cod or halibut, skin on

1. Halve and stone the avocado and use a teaspoon to scoop chunks of the flesh into a bowl. Gently mix all the other ingredients, except the fish, in with the avocado, then set aside.
2. Heat a griddle pan until very hot. Season the fish with pepper, and salt if you want, then drizzle with a little olive oil. Griddle the fillets for 2- 3 mins on each side until charred and cooked through. Serve with the avocado salad.