

Spicy avocado, tomato & lime salsa with salmon



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Preparation 25 mins | Cooking 5 mins | Serves 4

- 2 tbs lime juice
- 1 tbs rice bran or vegetable oil
- 1 garlic cloves, minced
- 2 x 300g thick Atlantic salmon fillets, deboned, trimmed and cut lengthways into 1 cm-thick slices
- Reduced fat sour cream, tortillas and lime wedges, to serve

Spicy avocado, tomato & lime salsa:

- 2 medium just-ripe avocados
- 2 tbs lime juice
- ½ jalapeno chilli, deseeded and finely chopped + extra to serve
- 2 tbs very finely chopped red onion
- 200g grape tomatoes, halved
- ½ cup coriander leaves, chopped

STEP 1 Combine lime juice, oil and garlic in a large ceramic or glass shallow dish. Add salmon and turn to coat in lime mixture. Cover and refrigerate for 15 minutes.

STEP 2 Meanwhile, to make salsa; peel, deseed and roughly chop avocados. Place into a bowl. Drizzle with lime juice. Add chilli, onion, tomatoes and coriander. Season with salt and pepper to taste. Gently toss to combine. Set aside.

STEP 3 Heat a large greased non-stick frying pan over medium heat. Drain salmon and cook, in batches, for 1-2 minutes on each side, until almost cooked through. Transfer to a tray and keep warm. Serve salmon with the salsa, extra sliced chilli, sour cream, tortillas and lime wedges.