

## COD SALAD DELIGHT



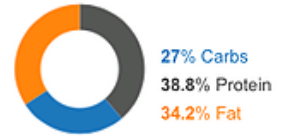
**Macros: 2 servings**

Carbs: 53g

Protein: 76g

Fat: 30g

**Total calories: 788**



### Cod Salad Delight

This is clean, lean and packed with antioxidants and anti-inflammatory spices. Its simplicity does not compromise on taste and this makes it ideal for either lunch or supper.

### INGREDIENTS: (serves 2)

2 fresh cod fillets

1 tsp pumpkin seeds

2 generous servings of salad leaves

1 red bell pepper

1/4 cucumber

1 pickled gherkin

1 ripe avocado

Couple pinches of pink himalayan salt

2 teaspoons of olive oil

teaspoon of Balsamic vinegar

Generous sprinkling of ground black pepper

1/2 teaspoon Ground turmeric

1/2 teaspoon of smoked cayenne pepper

### HOW TO MAKE IT:

- Place cod fillets in an oven proof dish
- Drizzle one table spoon of olive oil over the fish with a pinch of Pink Himalayan salt, ground black pepper, ground turmeric, smoked cayenne pepper and pumpkin seeds.
- Cover dish with foil and place in a preheated oven on a medium/low setting for 20 minutes
- Meanwhile put salad leaves in a bowl
- Chop red bell pepper, cucumber, gherkin and avocado into preferred bite size portions and add to salad leaves
- Drizzle a tablespoon of olive oil, the Balsamic vinegar and a pinch of salt to the salad and toss
- Serve salad onto 2 plates
- Place one piece of cod on top of each plate of salad
- It's good to go. Enjoy!