

 4 servings

 12 mins prep

 6 mins cooking





Spicy Fish and Rice Bowl with Bean Salsa

INGREDIENTS

1 small avocado
1 bunch coriander, leaves picked
2 spring onions, thinly sliced
1 lime, juiced
1 tbs mexican spice mix
400g can four bean mix, drained
420g can corn kernels, drained
200g cocktail truss tomatoes, quartered
2 tbs olive oil
2 tbs picked jalapenos
600g ling fillets, boned
250g microwave wild rice
2 baby cos lettuce

DIRECTIONS

1. Halve avocado, scoop flesh into blender. Roughly chop coriander. Add coriander, half the spring onion, half the juice, half the spice mix and $\frac{1}{4}$ cup water and process until smooth and transfer to bowl
2. Cobine bean mix, corn, tomato and jalapenos with remaining coriander, onion, juice and 1 tbs oil and stir well in a bowl
3. Sprinkle remaining spice mix over fish. Heat oil in large fry pan on high heat and cook fish for 3 - 4 mins each side. Heat rice in packet
4. Place rice, lettuce leaves, salsa, fish and avocado dressing on plate and garnish with coriander

NOTES