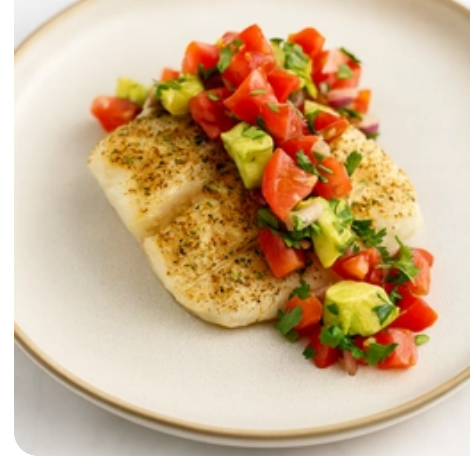




Fresh Cod and Avocado Salsa



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 12 MINUTES

INGREDIENTS

- 1 palm-sized Cod Loin
- 1/2 tsp Dried Parsley
- 1/2 tsp Garlic Powder
- 1/2 tsp Chili Powder
- 1/2 tsp Cumin
- A dash of Himalayan Pink Salt
- 1/2 Avocado
- 1 medium Tomato, diced
- 1/4 small Red Onion, diced

DIRECTIONS

1. Preheat the oven. Line a baking sheet with parchment paper and set aside.
2. In a small bowl, mix together the dried parsley, garlic powder, chili powder, cumin, and salt.
3. Pat the cod dry with a paper towel. Coat evenly with the seasoning mixture and place on a baking sheet. Bake for 10-12 minutes, or until the fish flakes easily with a fork.
4. While the cod bakes, chop the avocado and toss with the diced tomato and red onion.
5. When the cod is done, transfer it to a plate and top with the avocado salsa. Serve immediately and enjoy!

AVERAGE NUTRITION INFO

Energy : 1109 kJ / 265 Cal

Fat : 13 g

Carbs : 18 g

Protein : 24 g

Fibre : 8 g

Sugar : 6 g

@Coachjenbrockwell

Jenbrockwell.com