



Fish Tostadas with Peach Salsa

Serves 4

Ingredients

2 cod fillets (1-1/2 pounds) (can substitute any white fish)

1 lime

1/2 tsp cumin

1/2 tsp chili powder

3 tbsp oil (sunflower or olive)

3 peaches, peeled and diced

1/4 cup finely chopped white onion

juice of half a lime

1 minced clove of garlic

salt and pepper

1 avocado, mashed

4-6 tostadas

Directions:

To prepare the fish place fish in a shallow baking dish and sprinkle with cumin, chili powder, salt and pepper.

Squeeze lime over fish. Set aside while preparing the peach salsa.

To prepare the peach salsa, peel and dice the peaches. Place in a small bowl.

Stir in onion and cilantro. Squeeze in juice of half a lime. Add salt and pepper. Toss to combine.

Heat 3 tbsp of oil in a small sauté pan over medium-high heat.

Place fish in hot pan and cook through – approximately 2 minutes per side – depending on the thickness of your fish.

To assemble the tostada, spread mashed avocado on the tostada first. Layer on pieces of the fish and top with peach salsa. Sprinkle with more cilantro if you like.