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# Recipe

## Pan Fried Fish with Lime Dressed

**Salad** Keto & Gluten Free



**SERVINGS:** 2  
**PREP TIME:** 15 mins  
**COOKING TIME:** 5 mins

### METHOD

1. In a small bowl, combine salt, pepper, cumin, chili powder, and paprika.
2. Season all sides of the fish with the spice mixture.
3. Heat coconut oil in a medium skillet over medium-high heat. Add fish and cook for 3 to 4 minutes per side, or until cooked through and fish flakes easily with fork. Set aside.
4. In a large bowl, combine lettuce, cabbage, onion, tomato, and avocado.
5. In a small bowl, whisk together oil, lime juice, and lime zest. Season with salt.
6. Drizzle over salad and toss.
7. Top with a serving of fish.

### TIPS

\*Best to source sustainable meaty fish with skin off to absorb maximum flavours.

### INGREDIENTS

#### Fish Seasoning

1/2 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
1/2 teaspoon cumin  
1/2 teaspoon chili powder  
1/4 teaspoon paprika  
8 ounces cod or other firm white fish  
2 tablespoons coconut oil

#### Salad

1 head romaine lettuce, chopped  
1 cup shredded cabbage  
1/2 small red onion, chopped  
1 medium vine-ripened tomato, chopped  
1 avocado, cubed

#### Salad Dressing

3 tablespoons olive oil  
1/4 cup lime juice Zest of 1 lime  
Sea salt

KELLY TSOI

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