

# Asian inspired fish salad



100g white fish

½ a red bell-pepper, diced

½ a yellow bell-pepper, diced

½ a green bell-pepper, diced

few handfuls of lettuce leaves (optional), torn up into small pieces

1 tsp rice vinegar

1 tsp toasted sesame oil

salt and pepper to season

**SERVES 1**

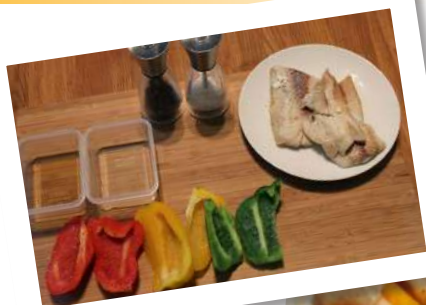
Bring a saucepan of water to the boil (just enough water to cover the fish).

Reduce to a gentle simmer and place the fish in the water. Cook for 2-3 minutes, turning halfway. When cooked through, remove from heat, drain and leave to cool.

In a salad bowl, mix together the peppers, lettuce (if using) rice vinegar and sesame oil. Break the fish into small pieces, and mix into the salad.

Season well with salt and pepper.

*Store in an airtight container and refrigerate for up to 24 hours.*



PER SERVING:

198 Calories

12g Carbs

24g Protein

6g Fat