

5. *Balsamic Bean Salad with Char Grilled Fish Fillets*



Nutritional Comment:

A number of health benefits have been associated with eating fish on a regular basis. Not only is fish an excellent protein food, certain types of fish are a good source of important omega-3 fatty acids.

Omega-3 fatty acids are thought to be beneficial for a whole range of reasons, including the prevention of heart disease and certain types of

cancers. Dried beans (legumes) are a good source of carbohydrates, vitamins, minerals and fibre. This recipe serves 5.

Ingredients:

- 5 x 180 grams in season fish fillets
- 1 teaspoon Ginger
- 2 cloves Garlic
- 1 teaspoon Cumin
- 1 - 2 teaspoons Olive Oil
- 440 gram Beans (soybeans, peas, lentils, kidney beans, chickpeas (garbanzos), vetches and lupins. (can of 3 or 4 bean mix, or dried chickpeas, haricot beans cooked and cooled.)
- 1/2 medium Cucumber
- 1 Tomato
- 1/2 Onion
- 2 teaspoons Balsamic Vinegar
- 1 tablespoon Mint
- 1 tablespoon Parsley
- sprinkle Pepper

Directions:

1. In a flat dish combine oil, ginger, garlic and cumin. Add fish and refrigerate. Meanwhile prepare Balsamic Bean Salad.
2. In a bowl, mix together beans, cucumber, tomato and onion.
3. Add vinegar, olive oil, herbs and pepper. Toss to coat well.
4. Chill salad while grilling fish fillets.
5. Preheat char grill pan, grill or barbecue until hot. Remove fish from dish and cook each fillet for 4 minutes each side or until cooked through. (When cooked, the fish flakes when tested with a fork).
6. Serve immediately.