

Grilled Fish and Strawberry Salad



Here is a colourful, savoury, quick, and nutritious meal. A perfect summer recipe to enjoy on a patio with fresh Quebec strawberries and vegetables. A visit to the public market is a must to get the best local fresh produce!

Preparation 10 min

Cooking 10 min

Servings 4

Nutrition Facts (per serving)

Calories 515

Fat 22

Carbohydrates 50

Fibre 10

Protein 30

Sodium 680

Ingredients

For the Fish

- 2 fish fillets, any choice (or chicken)
- Juice of ½ lime (or 15 ml (1 tbsp))
- 1 ml (¼ tsp) dried dill
- Pinch of salt

- Pepper, to taste

For the Salad

- 300 g (11 oz) baby spinach
- 375 ml (1 ½ cups) strawberries, thinly sliced
- 250 ml (1 cup) herbed feta cheese, crumbled
- 4 small Lebanese cucumbers, halved into rounds
- 4 figs, thinly sliced
- 3 green onions, chopped
- 2 coloured bell peppers, cubed
- 1 can (540 ml) lentils, rinsed and drained

For the Vinaigrette

- Zest and juice of ½ lime
- 30 ml (2 tbsp) olive oil
- 30 ml (2 tbsp) apple cider vinegar
- 15 ml (1 tbsp) honey

To garnish

- 20 ml (4 tsp) balsamic vinegar
- Balsamic glaze, to taste
- 30 ml (2 tbsp) pumpkin seeds, optional

Preparation

1. Heat a non-stick pan, lightly oil it with a spray of oil. Cook the fish with lime juice and season with dill, salt, and pepper. The fish can also be cooked in a foil packet on the BBQ.
2. In a large bowl, whisk the vinaigrette ingredients with a fork.
3. Add the rest of the salad ingredients and toss well.
4. Place the fish fillets, broken into large chunks, on top of the salad, and serve in the centre of the table. Garnish the plates with a drizzle of balsamic vinegar, balsamic glaze, and pumpkin seeds if desired.

Notes

Keeps for 3 days in the refrigerator in an airtight container.



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