

# Balsamic Bean Salad with Char Grilled Fish Fillets

Serves 5

*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.*



## Ingredients

- 5 x 180 grams fish in season
- 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 Tomatoe
- 1/2 Onion
- 2 teaspoons Balsamic Vinegar
- 1 tablespoon Mint
- 1 tablespoon Parsley
- sprinkle Pepper

## Method

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.