

Salmon Tartar With Avocado & Mango

Ingredients

- ✓ 1 small salmon fillet (100g), cut in cubes
- ✓ 1/4 avocado, cut in cubes
- ✓ 1/4 cup (30g) mango, cut in cubes
- ✓ 1 tbsp. lime juice
- ✓ 1/3 tsp. honey
- ✓ chili pepper, to taste
- ✓ handful coriander, chopped



Procedure

1. Wash and dry the salmon, then cut it into small cubes. Next cut the avocado and mango into cubes and add to the salmon.
2. Mix in the lime juice, chili pepper, and coriander. Season to taste with salt and pepper and mix well.
3. Set aside to chill in the fridge for at least 10 minutes, then serve with toast (not included in nutrition info).

Serves 1

Preparation/Cook Time and Macros Breakdown

Prep	Cook	Calories	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	282	17	9	26