




RECIPE | CUCUMBERS

CUCUMBER PINEAPPLE SALSA


35 min

10 min
PREP.
25 min
COOKING


4


easy

INGREDIENTS

Recipe created by *Laura Ashley Johnson*

10 oz Pure Flavor® Poco Bites® Cocktail Cucumbers, diced
2 large cod filets
1 lemon, divided, half sliced into thin rounds
1 lime, divided, half sliced into thin rounds
1 jalapeño, finely diced
1 small red onion, divided, half sliced into ¼" rounds, half finely diced
4 cups rice, cooked

1 cup pineapple, diced
¼ cup cilantro
¼ tsp salt
¼ tsp black pepper
Olive oil spray



DIRECTIONS

- 1** Preheat the oven to 375°F.
- 2** Pat cod fillets dry with a paper towel. Season both sides with salt and pepper.
- 3** Evenly disperse the onion slices across the bottom of a baking dish, lay seasoned cod filets on top. Alternate lemon and lime slices on top of the cod then spray evenly with olive oil for 1-2 seconds.
- 4** Bake 20-25 minutes or until it easily flakes with a fork and an internal temperature of 145°F.
- 5** In a medium bowl, combine cucumber, pineapple, jalapeño, diced red onion, cilantro, the juice of the remaining lemon and lime halves and salt and pepper. Mix until combined well.
- 6** Remove and discard the cooked lemon and lime slices. To serve plate with your favorite cooked rice and garnish with cucumber pineapple salsa.