



Joint Nourishing Recipes

Grilled Cod with Fresh Mango Chutney

Serves 4

Preparation time 15 mins (plus 1 hour to marinade)

Ingredients:

- 4 Cod steaks
- 7 tbsp olive oil
- Several sprigs of parsley and thyme
- 1 clove of garlic (finely chopped)
- 1 lime juice and zest
- 1 firm ripe mango
- 3 spring onions
- 1 red pepper cored and deseeded



1. Mix 3 tbsp of oil, half the parsley (chopped), thyme (chopped), garlic and lime zest.
2. Pour over fish and marinade for 1 hour.
3. Dice the mango flesh.
4. Finely chop the red pepper (deseeded).
5. Add together with chopped spring onion, remaining parsley, lime juice and olive oil.
6. Leave to infuse for 1 hour at room temperature
7. Heat a grill or griddle and cook fish for 2-3 minutes on each side (depending on the thickness)
8. Place on plates and spoon over mango chutney and serve immediately with a spinach salad.

 **TRUST US TO LOVE YOUR JOINTS**