

## Coconut Lime Fish with Avocado Salsa Is the Light, Tropical Dinner You'll Crave All Year Long

Simple ingredients, bold flavors



OVEN  
400°F

TIME  
30 min

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### INGREDIENTS

You'll Need

For the Avocado Salsa: 1 large ripe avocado, diced  
1/2 cup cherry tomatoes, quartered ... cup red onion,  
finely diced Juice of 1 lime Salt and black pepper,  
to taste Handful of fresh cilantro, chopped How I  
Make This (:

### DIRECTIONS

1. Step-by-: Step)
2. Marinate the : Fish
3. In a shallow dish, I whisk together the lime zest, lime juice, coconut milk, olive oil, minced garlic, and red pepper flakes. I season the fish with a pinch of salt and pepper, then lay the fillets in the marinade, making sure they're fully coated. I cover and let them sit in the fridge for
4. 15-20 minutes
5. -just enough time to infuse the flavor without breaking down the fish.
6. Make the : Avocado Salsa
7. While the fish marinates, I prep the salsa. In a mixing bowl, I combine the diced avocado, cherry tomatoes, red onion, lime juice, salt, pepper, and chopped cilantro. I gently toss it all together until evenly mixed and then set it aside so the flavors can meld. (If I have time, I pop it in the fridge for 10-15 minutes.)
8. Cook the : Fish
9. I heat a large skillet over medium heat. Once it's hot, I remove the fillets from the marinade-letting the excess drip off-and place them in the skillet. I cook for
10. 3-4 minutes per side
11. , depending on thickness, until the fish is opaque and flakes easily with a fork. The outside gets lightly golden and the inside stays juicy and tender.

12. Pro tip: Don't crowd the pan. If needed, cook the fish in batches to ensure a good sear.
13. Assemble and : Serve
14. Once the fish is done, I transfer each fillet to a plate and top with a generous spoonful of avocado salsa. A little extra cilantro and a wedge of lime make for the perfect final touch.
15. How I : Like to Serve It
16. This dish is flexible and works well with a variety of sides:
17. With coconut rice or jasmine rice
18. for a tropical vibe
19. Over quinoa or couscous
20. for a grain bowl-style plate
21. With a side salad
22. dressed with lime vinaigrette
23. Alongside grilled corn, plantains, or roasted sweet potatoes
24. for more flavor and texture
25. It also makes great fish tacos-just flake the fish, spoon it into tortillas, and top with salsa and a drizzle of lime crema.

## SWAPS & NOTES

It's elegant enough to serve guests and easy enough for a weeknight meal.

Whether you're cooking healthy, gluten-free, or just love bold, bright flavors-this recipe is one you'll want to keep close.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/coconut-lime-fish-with-avocado-salsa-is-the-light-tropical-dinner-youll-crave-all-year-long/>

So grab a lime, fire up the skillet, and let your kitchen feel like a tropical getaway-one bite at a time.