

# Cod Sliders, Mango Avocado Salsa

Serving Size: 2 each

Makes 8 servings

## Mango Salsa:

2 each mango, diced  
½ each avocado, cubed  
3 tbsp lime juice, fresh  
2 tbsp cilantro, chopped  
2 ½ tsp jalapeno peppers, minced  
2 tbsp red onions, finely chopped

## Cod Sliders

1 ½ lb. cod, fillet, fresh  
2 tbsp cilantro, chopped  
1 cup red onions, chopped  
1 tsp lime zest, grated  
¼ tsp cayenne pepper  
1 ½ tsp garlic cloves, minced  
2 tbsp scallions, diced  
¼ tsp ground cumin  
½ cup panko breadcrumbs  
¼ cup light mayonnaise  
¼ tsp salt  
as needed cooking spray  
16 each mini slider bun  
2 cup mango avocado salsa

## Preparation:

1. Prepare mango salsa. In a bowl, stir together mango, avocado, lime juice, cilantro, jalapeno and onion until evenly mixed.
2. Roughly chop cod. Pulse in a food processor until in small pieces.
3. In a bowl combine cod, cilantro, red onion, lime zest, cayenne, garlic, scallion, cumin, breadcrumbs, light mayo and salt. Mix until evenly distributed.
4. Form into 2 oz wt. patties.
5. Sear patties on a hot grill or flat top sprayed with pan spray; cook to an internal temperature of 145°F.
6. Top each slider with 2 TBSP mango avocado salsa; place in a mini slider bun.

### NUTRITION FACTS PER SERVING

calories	350
total fat (g)	8
saturated fat (g)	1.5
trans fat (g)	0
sodium (mg)	540
total carbohydrate (g)	45
dietary fiber (g)	3
sugar (g)	10
protein (g)	24



**RD APPROVED**



BLOG

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