

# Antipasto di Pesce

*Another one of my K.I.S.S. Method twists on something traditional. This is a great warm weather dish that takes very little cooking time. You can also poach the fish earlier in the day and keep it refrigerated until dinner time.*

|         |   |
|---------|---|
| 2 Tbs   | cornichons, diced                                       |
| 2 Tbs   | tomato, diced   |
| 2 Tbs   | cucumber, peeled and diced                              |
| 1 Tbs   | capers, drained   |
| 2 Tbs   | Balsamic Vinaigrette—see <i>Vegetables &amp; Salads</i> |
| 5 oz    | mixed seafood   |
| 1/2 cup | lettuce, spring mix                                     |
| 1 tsp   | fresh parsley, chopped                                  |

## Procedure

- In a bowl, mix the cornichons, tomato, cucumber and capers. Toss with the Vinaigrette.
- Poach the fish lightly in water. Add to the bowl and mix to serve immediately.
- On a chilled plate make a bed of the spring mix. Place all the ingredients in the bowl on the lettuce. Garnish with parsley and serve.

**Yield: 1 serving**