



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

COCONUT FISH

Time: 20 minutes

Serves: 4

Ingredients:

1 tablespoon extra-virgin olive oil
1 pound halibut filets - cut into 1" slices
 $\frac{3}{4}$ teaspoon kosher salt
 $\frac{3}{4}$ teaspoon fresh ground black pepper
1 clove garlic
14 ounce can light coconut milk
1 cup cilantro leaves – loosely packed
1 tablespoon fresh lime juice

Preparation:

Place a pan just wide enough to hold the fish in one layer on medium-high heat and add the olive oil.

Season the fish slices with a $\frac{1}{2}$ teaspoon each of the salt and pepper.

Add the garlic to the pan and stir for thirty seconds.

Place the fish in the pan and cook for one minute. Turn the slices over and cook for an additional minute.

Pour in the coconut milk and bring to a boil. Reduce the heat to simmer for two minutes.

Remove the pan from heat, then carefully stir in the cilantro leaves, lime juice and the balance of the salt and pepper. Serve immediately.

Nutritional Information Per Serving:

Calories: 294
Fat: 21g
Carbs: 2g
Fibre: 0.1g
Protein: 25g