



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

PICKEREL PIQUANT

Time: 20 minutes

Serves: 2

Ingredients:

1 tablespoon ghee, butter or extra-virgin coconut oil
1 teaspoon onion seeds
2 fresh red chili peppers – thinly sliced
2 cloves garlic – thinly sliced
1 large onion – thinly sliced
1 tomato – thinly sliced
2 tablespoons shredded coconut (unsweetened)
1 teaspoon kosher salt
1 teaspoon ground coriander
8 ounces pickerel cheeks
½ cup water
1 tablespoon fresh lime juice
2 tablespoons chopped cilantro

Preparation:

Place a karahi or small, deep pan on medium heat and add the ghee.

When the ghee is hot, add the onion seeds, peppers and onion, stirring occasionally for five minutes.

Add the tomato, coconut, salt and ground coriander and stir well.

Gently fold in the pickerel cheeks and cook for two minutes, carefully stirring a few times.

Carefully stir in the water, lime juice and cilantro, cooking for two more minutes.

Remove from heat and serve immediately.

Nutritional Information Per Serving:

Calories: 225
Fat: 11g
Carbs: 10g
Fibre: 2g
Protein: 23g