

GREEN CHILI FISH

Time: 20 minutes

Serves: 2

Ingredients:

2 teaspoons extra-virgin coconut oil
3 shallots – thinly sliced
½ cup water
2 tablespoons creamed coconut
1 teaspoon fresh ginger – grated
2 green chilies – thinly sliced
1 tablespoon cilantro leaves – finely chopped
¼ teaspoon plus a pinch kosher salt
¼ teaspoon fresh ground black pepper
2 4-ounce fish filets

Preparation:

Place a small pot on medium heat and add one teaspoon of the coconut oil.

When the oil is hot, add the shallots, stirring occasionally for three minutes.

Add the water, creamed coconut and ginger, bringing to a boil and stirring until the coconut is melted.

Reduce heat to low, then stir in the chilies, cilantro and pinch of salt.

Place a frying pan on medium heat and add the remaining coconut oil.

Season both sides of the filets with the remaining salt and the pepper. Cook the fish for three minutes per side depending on the thickness of the filets.

Serve the fish topped with the coconut sauce.

Nutritional Information Per Serving:

Calories: 269
Fat: 15g
Carbs: 6g
Fibre: 0g
Protein: 27g