

Fish in Coconut, Lime & Coriander Sauce

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blender
zester
citrus juicer
cutting board and knife
measuring cups and spoons
large frypan
heatproof spoon

Do this

with these ingredients

1. **Add** to the blender

1 x 400 ml/14 oz can **coconut cream**
zest and juice of 1 large **lime**
1 **green chilli**, quartered and deseeded
1 large clove **garlic**
1 large **scallion/green onion**, roughly chopped
1 TBS **coconut sugar** (optional)
1 TBS firmly packed, finely grated **fresh ginger**
1 TBS **fish sauce**
¼ cup firmly packed **fresh coriander/cilantro**

2. **Blend** until fairly smooth.

3. **Pour** into the frypan and simmer for 10 to 15 minutes to reduce slightly.

4. Meanwhile, **cut** into 2.5 cm/1" cubes

700 g/1.5 lb **firm fish**

5. **Add** fish to the reduced sauce and return to a **simmer**.

6. **Simmer** for 10 minutes or until just cooked through.

7. **Serve** over your choice of rice and **garnish** with

extra **lime**, cut into wedges
extra **fresh coriander/cilantro leaves**
sprinkle **dried chilli flakes** (optional)

