

Coconut Fish





Ingredients (Serves 4)

- 600g spanish mackerel
(also suitable for queenfish, trevally and scarlet snapper)
- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 1 stalk lemon grass, finely chopped or 2 cloves garlic, crushed
- 1 dessertspoon lemon juice
- 1 teaspoon tumeric
- 1 teaspoon salt
- 425ml tin coconut cream
- Freshly ground black pepper

Method

Heat oil in pan and cook onion, garlic and tumeric for 5 minutes, or until onion is transparent. Add fish and continue cooking until thoroughly coated with onion mixture, about 1 minute. Add coconut milk, lemon juice and salt. Bring to boil and simmer for 10–15 minutes.

Serving

Serve on a bed of rice. Sprinkle with freshly ground black pepper.