

## Coconut & Lime Fish

Serves 10

### INGREDIENTS:

- Zest and juice of 1-2 lemons or limes
- 100g creamed coconut, from a block, chopped, or 1 x 400g can of coconut milk
- 1 green chilli, deseeded and finely chopped (optional)
- Handful of coriander, roughly chopped
- 1-2 tsp ginger paste
- 1-2 tsp garlic paste
- ½ -1 tsp soy sauce or tamari sauce
- 400g white fish fillets, responsibly sourced or sustainable



### METHOD:

1. Pre-heat the oven to 200°C, 180°C Fan, Gas Mark 6.
2. Zest and juice the limes and pour into a bowl (or a food processor if using the creamed coconut), along with the coconut milk, chilli, coriander, ginger, garlic, and soy sauce. Blend until smooth. Taste to check the seasoning.
3. Place the fish fillets onto a square of tin foil large enough to wrap around the fish. Place into a shallow baking dish and spread each fillet with the coconut mixture. Wrap the fish in the tin foil.
4. Bake for 15-20 minutes or until the fish is cooked through. Serve.

### Allergens:

Fish, Soya, Egg

For a **fish-free** version, substitute with a Quorn fillet or tofu.

For a **soya-free** version, substitute with tamari sauce.