

Thai Coconut Fish

Yield: 2 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-coconut-fish-recipe>

Ingredients:

- 3 fish white-fleshed fillets of, halibut, snapper, cod, tilapia
- 3 tablespoons vegetable oil
- coriander Garnish:, or basil fresh, optional
- lime wedges Garnish:, optional
- 6 tablespoons coconut milk
- 1 1/2 tablespoons fish sauce
- 1/2 teaspoon chile dried, crushed
- 1/4 teaspoon coriander ground
- 1/2 cup coconut dry shredded, unsweetened
- 1 red chile fresh, minced, or 1/2 teaspoon dried crushed chile adjust to taste or omit for milder fish
- 1 garlic clove minced
- 1 green onion spring, chopped fine
- 1 teaspoon galangal or ginger, grated
- 1 teaspoon lime zest grated
- 1/4 teaspoon sugar
- 1 tablespoon lime juice
- 1 tablespoon fish sauce

Nutrition:

1. Calories: 800 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 215 milligrams
4. Fat: 52 grams
5. Fiber: 4 grams
6. Protein: 71 grams
7. SaturatedFat: 17 grams
8. Sodium: 1590 milligrams
9. Sugar: 4 grams

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