



Spicy Coconut Fish



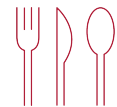
DIFFICULTY: EASY



PREPARATION TIME: 20
MINUTES



COOKING TIME: 20 MINUTES



SERVES: 4

Ingredients

4 pieces firm white fish e.g. ling, blue eye cod – approximately 800g

1/3 cup coconut milk

2 tsps [Gewürzhaus Wok Spice](#)

1/3 cup sliced green shallots

1 tbsp chopped ginger

1 tbsp shredded Thai basil leaves

Olive oil spray

Extra sliced shallots for serving

Method

To begin cooking your spicy coconut fish, preheat oven to 200°C on [CircoRoast](#).

Line the [Universal pan](#) with baking paper & place the fish pieces on the tray.

Combine the coconut milk with the Wok Spice, shallots ginger and Thai basil and mix well. Spoon over the fish and lightly spray with olive oil.

Cook on shelf position four for 18 to 20 minutes or until the fish flakes slightly when tested with a fork. The thickness of the fish will determine the cooking time.

Sprinkle the spicy coconut fish with extra sliced shallots and serve with steamed rice & beans.

Notes

Stir left over coconut milk through steamed rice before serving. Approximately 1 – 1/2 cup coconut milk per 2 cups steamed rice.

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