



Citrus Coconut White Fish

2 servings

20 minutes

Ingredients

15 milliliters Extra Virgin Olive Oil
1/2 Yellow Onion (medium, chopped)
2 Garlic (cloves, minced)
2 grams Cumin
750 milligrams Sea Salt
1/2 Tomato (large, diced)
59 milliliters Orange Juice (freshly squeezed)
61 milliliters Canned Coconut Milk (full-fat)
4 grams Cilantro (chopped)
2 Cod Fillet

Directions

- 1 In a pot just large enough to fit the fillets, heat the oil over medium heat. Add the onions and cook for three to five minutes or until the onions start to soften. Add the garlic, cumin, salt, and tomato and stir to combine. Cook for another minute.
- 2 Add the orange juice and simmer for two to three minutes until the tomatoes begin to soften. Stir in the coconut milk and cilantro and bring the liquid to a simmer.
- 3 Add the cod fillets to the pot and cover with the lid. Steam the cod for six to 10 minutes or until cooked through and flakey. The cooking time will depend on the thickness of the fillets.
- 4 Divide the filets between plates and top with the citrus coconut sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Fillet Size: One cod fillet is equal to 231 grams or 8 ounces.

Additional Toppings: More cilantro, lime wedges, or red pepper flakes.

No Cod: Use another white fish, like haddock, instead.

No Extra Virgin Olive Oil: Use avocado oil or coconut oil instead.