

# COCONUT LIME FISH SKILLET



## INGREDIENTS

- 2 skinless fish fillets (per service)
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1 tablespoon coconut oil
- 1/2 cup red onion it came out to 1/2 onion for me, chopped
- 1 whole red chili chopped optional
- 1 cup organic chicken stock\*
- 2 tablespoons lime juice about 1 large lime
- 1 tablespoon chopped cilantro
- 1/2 teaspoon red chili flakes
- 1/2 cup full fat coconut milk from a can or coconut cream
- pinch turmeric powder (optional for colour)
- 1 tablespoon arrow root starch for paleo/whole 30 or corn starch mixed into 1 tablespoons water optional



## INSTRUCTIONS

1. Melt the coconut oil in a large pan over a medium high heat on the stove.
2. Add the chopped onion to a pan sauté for a few minutes to soften.
3. Add the chili pepper if you're using it. Sauté another couple of minutes. Add the chicken stock, lime juice, cilantro and chili flakes. Bring the mixture to a boil and then reduce down to a simmer.
4. Let simmer for about 5 minutes to let reduce down. Add the coconut milk and the turmeric and bring to simmer again for another 5 minutes.
5. Add the starch and water at this time cool the sauce and keep for service (this will last a few days)

FOR Service ADD the sauce to a hot skillet and as its bubbling add the fish and place in the oven for 3 min

Add an extra sprinkling of cilantro before the table