



Makes: 4 servings

Prep Time: 5 minutes Cook Time: 25 minutes

Total Time: 30 minutes

Ingredients

- 24 ounces fish fillets, about 6 ounces each (see Chef's Notes)
- 1 & 1/2 pounds cherry or grape tomatoes
- 2 tbsps olive oil
- Salt and freshly ground pepper

Coconut Sauce:

- 3/4 cup coconut milk, regular or lite, well-stirred before measuring
- 1-inch piece fresh ginger, grated or 1 tbsp of jarred ginger
- 1 clove garlic, grated
- 1/2 tsp ground turmeric
- 1/4 -1/2 tsp red-pepper flakes, adjust to taste or omit
- 2 tsp honey or brown sugar
- 1/2 tsp salt
- Zest and juice of 1 lime
- 1/4 cup fresh cilantro

For Garnish:

- Lime wedges or slices, for serving
- Additional fresh cilantro, for garnish

Instructions

Preheat oven to 425°F with the rack in the centre of the oven. Have an oven-safe baking dish or skillet ready (large enough to just hold the tomatoes and fish. I use a 12-inch skillet).

In a medium bowl, mix together all the coconut sauce ingredients. Add the fish to the bowl, ensuring the fish is completely submerged in the sauce. Set into the refrigerator to marinate while you start the tomatoes.

Coconut Milk Fish

Arrange the cherry tomatoes in the baking dish, placing half the tomatoes on each side of the baking dish, leaving the centre open. Drizzle with a bit of olive oil and season with some salt and pepper.

Place the tomatoes into the oven and cook for 8-10 minutes (precook the tomatoes about 8 minutes if you are using thicker fish fillets up to 10 minutes for thinner fish fillets).

Remove the baking pan with the tomatoes from the oven. Place the fish fillets into the centre of the baking dish and spoon all the remaining sauce overtop. Drizzle with a bit of olive oil and sprinkle with some salt and pepper. Return the baking dish to the oven and bake for 10-15 minutes or until the fish is almost cooked through. Test the fish with a fork, where it should be almost cooked through or with an instant-read thermometer, where it should register about 140°F (not quite cooked through).

Transfer the baking dish up one rack in the oven (about 6" from the broil element) and switch the oven to broil. Broil briefly to brown up the tomatoes slightly, about 3 minutes. (This will also finish cooking the fish. Fish should be 145°F when done or should flake easily with a fork.)

Divide the tomatoes and fish with sauce between serving dishes or bowls. Garnish with additional cilantro and serve with lime wedges for squeezing or lime slices for garnish. (Add additional salt at the table if needed. Proper salting really brings out all the great flavours of this dish.)

Chef's Notes:

Any fish that you enjoy is fine here. I like white fish, such as cod, haddock or halibut. Salmon or rainbow trout will also work. The fillets can be skin on or skin off. Note that the oven time will vary depending on the thickness of your fish.

Recipe from Seasons & Suppers