



The nuttiness of the coconut goes perfectly with the wholesomeness of the fish. The bell peppers provide a good crunchy texture which contrasts with the tenderness of the fish.

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**\*\*Time:** 35 minutes

**\*\*Serves:** 6

### Ingredients

- 3 fish fillets
- 1/2 a cup of coconut milk
- 4 grated tomatoes
- 2 green bell peppers



- 2 finely chopped onions
- Juice of 1/2 a lemon
- 1/2 a teaspoon of black pepper
- 1/2 a teaspoon of ground cumin
- 1 tablespoon of ground cumin

### Method

- Put some vegetable oil in your sufuria and after this is hot, add your bell pepper, onion, garlic, black pepper, cumin and ground ginger. Let this saute for about 3 minutes.
- Add your tomatoes and let this stay on the heat for about 5 minutes. As this is cooking, cube your fillet into bite-size pieces. If you so wish, you can marinate your fish before cooking it.
- After that is done, add your fish and coconut milk then mix.
- This cooks really fast. After about 5 minutes it should be through, but this may vary depending on the size of your fillet pieces.

This recipe was brought to you by Kaluhi's Kitchen from:

<http://www.kaluhiskitchen.com/coconut-milk-fish-curry/>