



My really strong fish craving for some good fish and adventurous spirit in the kitchen resulted in this EXTREMELY DELICIOUS splendid garlic tilapia in lime coconut milk sauce!



Ingredients

200g Tilapia fillet

1 tablespoon of soy sauce

Pinch of salt

1/4 teaspoon of Kez Organics Chili flakes

7 cloves of garlic

1 cup of coconut milk

2 tablespoons of finely chopped coriander stalks

1/2 of white onion finely chopped

1/2 a teaspoon of lime zest

1/2 a lime, juiced

1/4 teaspoon of dried thyme

Method

Place your fish fillet in a bowl. To it add the soy sauce, 4 minced garlic, 1/2 of a juiced lime, some salt and the chili flakes. Slather it all over and let it marinate for about 30 minutes to an hour. Once the time has lapsed, proceed to fry your fillet on a non-stick pan until cooked through. This will take about 8 minutes. Once charred on both sides, set aside.

For the sauce, place your onion, coriander stalk, chili, garlic and thyme in a pan. Let it simmer on medium low heat until the onions have softened and the garlic is fragrant. Squeeze in your lime juice, zest & give it a mix then add your coconut milk. Let this simmer for about 10 minutes for everything to come together. Place the sauce on your plate, place the fish over it, garnish with fresh coriander and serve.



SERVE WITH: your favorite starch and a side of veggies

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/garlic-grilled-tilapia-lime-coconut-sauce/>