



I love fish in all it's forms and I must admit my creamy ginger coconut cream tilapia has got to be one of my all time favorites!!!!



Small sized tilapia fish

Tablespoon of tomato paste

1 red onion, diced 1/4 teaspoon of chili flakes

1 tablespoon of curry

4 cloves of garlic, minced 250g of coconut cream

1 tablespoon of lemon zest Dania leaves to garnish

1 tomato, cubed

Method

In your sufuria, add some oil and some salt and add in the red onion, dania stems, ginger, garlic, chili and lemon zest. Cook until softened and fragrant.

Add in the tomato, tomato paste, lemon juice and the spices. Allow this to cook down and all the ingredients. Pour in the coconut cream and simmer. Add in the fish, let it simmer on low heat for another 10-15 minutes. Once super soft, garnish with dania leaves and serve.



SERVE WITH: some ugali and your favorite veggies

This recipe was brought to you by Kaluhi's Kitchen blog from: https://www.kaluhiskitchen.com/ginger-coconut-cream-tilapia/

Youtube Video: https://youtu.be/ag-689rLTJc