



# COCONUT FISH

SERVES: 2

TOTAL TIME: 20 MINUTES

GF DF

## INGREDIENTS

400g white fish  
1 tbsp coconut oil  
1 1/2 tsp ground allspice  
1 clove garlic, minced  
75ml coconut milk  
1 large carrot  
To serve:  
Fresh parsley

## INSTRUCTIONS

Start by steaming the carrot over boiling water or in the microwave.

Meanwhile, heat the coconut oil in a large frying pan on medium heat.

Add the all spice, garlic, and coconut milk, stirring constantly.

Place the fish in the frying pan, cover and cook for 10-12 minutes.

Serve fish with carrots and fresh parsley.

### MACROS PER PORTION

CALORIES	334	PROTEIN	45
CARBS	7	FATS	14
FIBRE	2		