

Our Featured Recipe

Coconut Cod

Recipe Courtesy of Sunny Anderson, 2010

INGREDIENTS:

- 1 - (13.5-ounce) can coconut milk
- 2 - tablespoons fresh lime juice
- 2 - tablespoons oil (either grapeseed or coconut)
salt and freshly ground pepper
- 4 - (6-ounce) cod filets



PREPARATION:

1. Pre-heat oven to 400 degrees F.
2. In a bowl or shallow dish, whisk the coconut milk, lime juice, oil, a nice pinch of salt and few grinds of pepper.
3. Reserve 1 cup of the marinade, add the fish to the bowl with the marinade and refrigerate for 20 minutes.
4. Remove the cod from the refrigerator. Place the cod in a 9 by 11-inch baking dish, discarding the marinade in the bowl.
5. Place in oven and bake for 12 to 14 minutes.
6. Meanwhile, make the sauce. Pour the reserved 1-cup marinade in a small saucepan, over medium heat and simmer until reduced and slightly thickened. About 5 minutes. Spoon some on the plate before placing the cod down on top. Serve warm.

TIME INVOLVED

Prep Time:	5 Min.
Inactive Prep Time:	20 Min
Cook Time:	14 Min.

Bon Appétit!