COCONUT FISH STEW

Lemongrass has strong antibacterial and antifungal properties and also aids digestion. Remember to bruise the lemongrass to release its essential oils and remove the stalk before serving.

Optional 1 teaspoon of red pepper flakes if you like it spicy

Per Serving
Calories: 608
Total Fat: 43g
Total Carbohydrates: 13g
Sugar: 7g
Fibre: 4g
Protein: 46g
Sodium: 725mg

INGREDIENTS
2 teaspoons coconut oil
1 white onion, sliced thin
2 Garlic cloves, sliced thin
2 zucchini, sliced thin
1 ½ pounds firm white fish fillet, cut into 1-inch cubes
1 (4inch) piece lemongrass (white part only), bruised with back of knife
1 (382g) can of coconut milk
1 teaspoon salt
¼ teaspoon freshly ground white pepper
½ cup slivered spring onions
¼ cup chopped coriander
3 tablespoons freshly squeezed lemon juice

INSTRUCTIONS
1) In a large pot over medium heat, melt the coconut oil
2) Add the onion, garlic and zucchini. Sauté for 5 minutes
3) Add the fish, lemongrass, coconut milk, salt and white pepper to the pot. If the liquid doesn't cover the fish, add enough water to do so. Bring to a boil, then reduce the heat to simmer and cook for 5 minutes.
4) Garnish the soup with spring onion, coriander and lemon juice.