

# Citrus Coconut White Fish

10 ingredients · 20 minutes · 2 servings



## Directions

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1. In a pot just large enough to fit the fillets, heat the oil over medium heat. Add the onions and cook for three to five minutes or until the onions start to soften. Add the garlic, cumin, salt, and tomato and stir to combine. Cook for another minute.
2. Add the orange juice and simmer for two to three minutes until the tomatoes begin to soften. Stir in the coconut milk and cilantro and bring the liquid to a simmer.
3. Add the cod fillets to the pot and cover with the lid. Steam the cod for six to 10 minutes or until cooked through and flakey. The cooking time will depend on the thickness of the fillets.
4. Divide the filets between plates and top with the citrus coconut sauce. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Fillet Size

One cod fillet is equal to 231 grams or 8 ounces.

### Additional Toppings

More cilantro, lime wedges, or red pepper flakes.

### No Cod

Use another white fish, like haddock, instead.

### No Extra Virgin Olive Oil

Use avocado oil or coconut oil instead.

## Ingredients

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- 15 milliliters** Extra Virgin Olive Oil
- 1/2** Yellow Onion (medium, chopped)
- 2** Garlic (cloves, minced)
- 2 grams** Cumin
- 750 milligrams** Sea Salt
- 1/2** Tomato (large, diced)
- 59 milliliters** Orange Juice (freshly squeezed)
- 61 milliliters** Canned Coconut Milk (full-fat)
- 4 grams** Cilantro (chopped)
- 2** Cod Fillet