

Less than 1 hour

Serves 4

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Ingredients

- ½ can (200g) coconut milk
- Salt and milled pepper
- 800g sustainable white fish (such as kingklip or hake), skin on and defrosted
- Juice (120ml) of 2 lemons
- 1 stalk lemongrass, crushed (optional)
- 1 packet (400g) baby marrows, sliced into ribbons and blanched
- 2 packets (200g each) sugar snap peas, blanched
- 2 avocados, sliced
- 1 packet (3s) baby gem lettuce, quartered
- 2 radishes, sliced

Gremolata:

- 1 tub (160g) fresh coconut cubes, grated
- ½ punnet (10g) each fresh dill, coriander and mint
- ½ cup (80g) cashews, finely chopped
- Juice (120ml) and grated peel of 2 lemons
- ⅓ cup (80ml) olive oil
- Red or green chilli, chopped, to taste

Method

1. Preheat oven to 160°C.
2. Pour coconut milk into a deep, ovenproof dish.
3. Season fish on both sides and place skin-side down in coconut milk, making sure it doesn't cover the top of fish.
4. Season, add lemon juice and lemongrass (if using) and cover loosely with baking paper.

5. Bake for 10 minutes, until fish turns white but is not cooked through.
6. Combine gremolata ingredients, either finely chopping or blitzing in a food processor.
7. Remove fish from oven and turn on oven grill.
8. Spoon gremolata over fish, drizzle with olive oil and grill for 5 minutes to cook top of fish slightly.
9. Transfer fish portions into bowls, add salad greens and sprinkle with leftover gremolata.
10. Serve with coconut milk (from baking dish) spooned over fish salad.

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