

COCONUT DILL POACHED HADDOCK



PREP TIME

10 Minutes



COOK TIME

15 Minutes



SERVES

2



Ingredients

- 2 skinless haddock or cod fillets, about 6 to 8 oz each
- Kosher/sea salt and freshly ground black pepper
- 1 to 2 tbsp olive oil
- 4 cloves garlic, crushed
- 1 tsp grated fresh ginger root
- 1 lemon, thinly sliced, reserving half for squeezing over fish
- 1 can (14 oz/398 mL) unsweetened canned coconut milk
- 3 tbsp finely chopped fresh dill
- Cooked orzo pasta or rice
- Ground sumac or cayenne, optional

Steps to Make

1. Pat the fish fillets dry with a paper towel and season on both sides with kosher salt and black pepper.
2. In a medium sized saute pan or a skillet with tall enough sides, heat olive oil over medium heat. Add smashed garlic and grated ginger, sautéing until fragrant and slightly browned, about 1 to 2 minutes.
3. Add about 4 slices of lemon to the base of the pan on low heat, then place the fish filets on top of the lemons.
4. Pour in the coconut milk, add the fresh dill along with salt and pepper, and gently stir to combine the flavors. Bring the coconut milk to a gentle simmer.
5. Let the fish simmer in the coconut milk for 8-10 minutes or until the fish is opaque and easily flakes with a fork. The cooking time on this may vary based on thickness of the fish. Baste the fish with the coconut milk occasionally/as needed if it is not submerged.
6. To serve, place cooked orzo in a bowl or pasta. Gently place the fish over orzo. Serve with lemon wedge for squeezing, spooning some of the coconut poaching liquid on top until it is brothy and soup-like. Garnish with additional fresh dill and ground sumac, if desired.