

Golden Turmeric Fish

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Servings: 4

*2 tablespoons coconut oil
2 tablespoons lime juice
1 tablespoon grated ginger
1 teaspoon ground coriander
1/2 teaspoon ground turmeric
1/8 teaspoon cayenne pepper
1/2 teaspoon salt
1/4 teaspoon black pepper
4 five to six ounce red snapper fillets
mango chutney (for garnish)
fresh chopped cilantro (for garnish)*

Preheat the broiler.

In a small bowl, combine the coconut oil, lime juice, ginger, coriander, turmeric and cayenne.

Season the fish with salt and pepper. Spread the skinless sides of the fish with the coconut oil mixture. Place the fish on a broiler pan.

Broil four inches from the heat for 8 to 10 minutes or until the fish flakes easily.

Serve topped with the chutney and cilantro.

Coconut oil is solid at room temperature, feels like shortening, and liquifies when it's warm.. It doesn't matter whether it's solid or liquid when you stir it into the spices to make the rub.

Per Serving (excluding unknown items): 64 Calories; 7g Fat (92.0% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 267mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1 1/2 Fat.