



BODYBUILDING.COM™

Coconut Halibut With Green Beans

Ingredients:

- 1 tsp coconut oil
- 2 cloves garlic, minced
- 2 tsp. grated fresh ginger
- 1 cup of coconut milk (preferably full fat, however light can be used if watching your calorie intake)
- 1/2 tsp green Thai curry paste
- 1 6 oz halibut fillet
- 1 sliced red pepper
- 2 large carrots, cut into sticks
- 1 lime (juiced)
- 2 tbsp dried unsweetened coconut flakes
- 4 cups green beans, steamed

Directions:

1. In a large skillet, cook the garlic, ginger, and coconut oil for about 30-60 seconds.
2. Add in the coconut milk and curry paste.
3. Bring to a boil, and then reduce heat to simmer.
4. Add fish, sliced red pepper, and carrots. Cook for 4 minutes, flip fish, and then cook for another 2-3 minutes or until fish flakes easily.
5. Remove fish and vegetables from the skillet with a slotted spoon. Allow the sauce to continue to simmer for about 6-8 minutes or until thickened.
6. Add in lime juice and spoon over the fish.
7. Top with dried coconut flakes. Serve alongside steamed green beans.