



COCONUT CURRY COD



INGREDIENTS

ITEM	QUANTITY
• Cod Fillet (5-6 Oz)	2.5 lbs
• Light Coconut Milk	4 Tbsp
• Curry Powder (No Garlic/Onion)	1
• Grated Ginger	3 Tbsp.
• Garlic-infused Olive Oil	1 Tsp.
• Spinach	1 Tsp.
• Lime Juice	4
• Salt, to Taste	

SERVING SIZE 1



PREPARATION

- Heat garlic-infused olive oil in a skillet over medium heat.
- Add grated ginger and curry powder. Stir constantly for about 30 seconds to release flavor.
- Pour in coconut milk and bring to a gentle simmer, stirring occasionally.
- Carefully place cod fillet into the sauce. Spoon sauce over the fish as it cooks.
- Cover and simmer for 8-10 minutes, or until fish is opaque and flakes easily.

- Add spinach and stir until just wilted.
- Turn off heat and finish with lime juice and salt to taste.