

# BLUE EYE COD with SPICED COCONUT CREAM

by Olwen of Kirribilli

2017 Winner: Main Course

## Ingredients (serves 4)

1.2 Kilo Blue Eye Cod ( 2 large fillets)

250 mls coconut cream

1 small fennel

2 cloves garlic

1 small red chilli

60 g pine nuts

500 g baby spinach

2 cups Persian Long Grain Rice

Shredded coconut flesh. fresh if available, otherwise dried

1 lime



## Method

Dry roast pine nuts until just browned then put aside

Put rice in saucepan of cold salted water, bring to boil and simmer rice for 6 minutes till water almost absorbed

Rinse rice with fresh water, drain and replace in saucepan over low heat for 15 minutes

Over the rice saucepan steam spinach.

Prepare fish by removing line of bones in the fillets then cut into 4 pieces

Slice fennel, garlic and chili

Fry fish with a knob of butter, adding fennel, garlic and chilli and cook for 5 minutes, turning fish once then leaving in the pan with skin down

Add coconut cream and poach fish with lid on for a further 10 minutes

Add juice of lime and zest of lime

Fish should be just cooked through

Serve layered on bed of rice - spinach after rice - add piece of fish - spoon over coconut cream sauce

Garnish with pine nuts and shredded coconut