













Diabetes Friendly Recipe

Chargrilled fish with green chilli, coriander and coconut relish



Ingredients

-  1 small red onion, finely chopped
-  1 teaspoon finely grated fresh ginger
-  1 teaspoon mustard seeds
-  20g (1/4 cup) shredded coconut
-  1 truss tomato, seeded, finely chopped
-  1 long fresh green chilli, seeded, thinly sliced
-  1/4 cup chopped fresh coriander
-  1 tablespoon lime juice
-  Pinch of caster sugar
-  4 (about 150g each) firm white fish fillets
-  Steamed green beans, to serve
-  Steamed asparagus, to serve



Step 1

Heat a frying pan over medium heat. Spray with oil. Stir in the onion for 5 minutes or until soft. Stir in the ginger and mustard seeds for 30 seconds or until aromatic. Stir in the coconut for 1-2 minutes or until light golden. Transfer to a bowl. Set aside to cool slightly. Stir in the tomato, chilli, coriander, lime juice and sugar.

Step 2

Preheat a barbecue grill or chargrill on high. Spray the fish with oil. Cook on grill for 2-3 minutes each side or until golden and fish flakes easily when tested with a fork.

Step 3

Divide the steamed vegetables among plates. Top with the fish and a spoonful of the coconut mixture.