



Coconut Baked Cod

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

2 cod fillets
250ml coconut milk
1 tsp tarragon
1 tsp ground coriander
4 mushrooms
6 broccoli florets, chopped in half
1 carrot, sliced
1 tbsp olive oil
Couple of lemon slices

Instructions

- 1) Preheat the oven to 200 degrees C.
- 2) Pour the coconut milk into an ovenproof dish with the cod. Sprinkle over the herbs.
- 3) Put the veggies on some foil and drizzle the olive oil over. Close up the foil tightly, leaving a bit of room inside for steam to circulate.
- 4) Put both the fish and foiled veg into the oven and bake for about half an hour. The fish should be firm and flake easily. Serve with lemon slices.