



# Sinanglay Tilapia Fish

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 1 big Tilapia, cut open in half but not through and through or make a 5-inch incision in the fish's belly
- 4 plump Tomatoes, cut in big bits
- 2 red Onions, cut thinly
- 1/3 cup Ginger, cut into strips
- 1 Garlic head, crushed and chopped
- 15 straws Yardlong beans (sitaw), cut in 3-4 inches length
- 1 bunch Cos lettuce (pechay or bok choy may also be used)
- 1 1/2 cup Coconut milk
- 4 tbsp. Fish sauce
- 2 bunches Parsley, chopped
- 1 tsp. Salt, to taste
- 1/2 tbsp. Pepper (more, if desired)
- 4 pieces Long green chili, cut open for spice

## Instructions

1. Wash the fish and drain the water with a strainer.
  2. Meanwhile, mix the onions, tomatoes, ginger and parsley altogether in a deep bowl.
  3. Insert the vegetable spices or fillers inside the tilapia. Place the long green beans, green chili and remaining spices, if any, in a deep pan or wok.
  4. Wrap the tilapia with cos lettuce and place it on top of the beans.
  5. Pour the coconut milk. Season with fish sauce and ground peppers.
  6. Cover the pan and cook under medium to high heat.
  7. Check the dish after 20 minutes. Wait until the fish cooks. When the fish's eye pops out, the fish is done.
  8. Let it boil under medium heat for another 15 minutes without the cover or the lid.
  9. Taste the sauce. Add fish sauce or salt, according to your preference.
  10. Serve with hot rice.
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