



Recipes

Fish

Red Curry Crusted Grouper

Prep Time: 20 minutes

Yield: 4 servings

Ingredients:

- 4 4-ounce grouper fillets
- 2 teaspoons red curry paste
- 2 tablespoons Coconut oil or olive oil

Directions:

1. Preheat oven to 400° F.
2. Rub each fish fillet with 1/2 teaspoon red curry paste. Lightly coat a large sauté pan with oil. Sear fish for 1 minute on each side over medium-high heat.
3. Transfer to a baking sheet and bake for 5-10 minutes.
4. Serve over a bed of your favorite greens.