

Clean Recipe

Downloadable

WHITE FISH WITH MANGO-LIME MARINADE AND COCONUT-LIME RICE

For the marinade:

zest of 1 lime
3 Tbsp lime juice
2 tsp chili oil
1½ Tbsp gluten-free tamari
2 tsp sesame oil
⅓ cup full fat canned coconut milk
½ tsp black pepper
1 Tbsp raw honey
1½ Tbsp grated ginger
2 Tbsp chopped cilantro
1 large ripe mango, peeled and diced
1 lb. sustainably harvested white fish of
your choice (I used rockfish but halibut
would be amazing)



COCONUT-LIME RICE

1½ cup coconut milk (the rest of a 14oz can)
1½ cups cups water
1½ cups par boiled (quick cooking) long grain brown rice

Cook rice according to package directions using water and coconut milk for the liquid, when done stir in:

1 tsp lime zest
2 Tbsp lime juice
sprinkle with cilantro

Directions:

Preheat oven to 400. Pour all marinade ingredients in a shallow dish and whisk to combine, add fish, toss it around in there, getting it nice and coated. Allow to marinate 20 minutes or so. While fish marinates, get the rice cooking. After 20 minutes or so marinading, pour all contents of the dish, including the fish onto a sheet pan and cook 10-15 minutes or until fish is flaky and mangos are lightly golden. While the fish cooks, prepare a nice green salad for the side.