

# Poached Cod in Coconut Milk with Chilli, Peppers, Ginger & Spinach

The original recipe tasted delicious (see [zestuous.com](http://zestuous.com) for details). However, I wanted something a bit thicker to serve with rice rather than as a broth. I also fancied bit more of a kick and more green vegetables.

**Preparation Time: 5 mins**

**Cooking time: 20 mins (25 mins if making thai jasmine rice with it)**

**Serves: 4**

## Ingredients

1 tablespoon butter  
1 red pepper  
1 green chilli (I used an apache chilli)  
Dried chilli flakes to taste if needed  
1 garlic clove (finely chopped)  
knob of fresh ginger (finely chopped)  
1 lime  
Chicken Bouillon (a drizzle - not enough to thin the sauce)  
1 can coconut milk (about 1 ¾ cups)  
½ tsp. salt  
4 cod fillets  
Handful of green beans  
salt and white pepper  
4 cups spinach

## Directions

Dice the peppers, finely chop the garlic, the chilli & ginger, and zest the lime.

Melt the butter in a wok over a medium high heat. Sauté the peppers, garlic, chilli, ginger and lime zest for 2 minutes.

Add the coconut milk, the green beans, the juice of half of the lime and ½ tsp salt along with a drizzle of chicken bouillon. Bring to the boil.

Season the cod fillets with salt and pepper and gently lay in the coconut milk. Leave for 5 minutes. Turn over for a further 3-5 minutes.

Remove the fillets and place in individual bowls.

*Fresh Basil ...*

<http://freshbasil.weebly.com/recipes>