



Prep Time: 10 min.



Cook Time: 20 min.

# Coconut Poached Black Cod

with Lime served over Swiss Chard and Jasmine Rice

- 4 fillets of Black Cod
- 5 tsp. fresh lime juice, divided
- 1 Tbl. olive oil
- 2 chopped leeks (white and light green part only)
- 3 cloves of minced garlic
- 1 canned of unsweetened coconut milk
- 1 tsp. lime zest
- 1/3 cup chopped fresh cilantro
- Salt and pepper to taste
- Two bunches of Rainbow Swiss Chard
- 3 Tbl. butter
- Garlic seasoning salt
- 3 cups cooked Jasmine Rice

**DIRECTIONS:** Preheat oven to 350°F. Season fish with salt and pepper, place on a foil lined baking sheet. Drizzle fish with 2 teaspoons lime juice. Bake fish for about 20 minutes or until the fish is opaque. While the fish is baking, heat oil in large skillet over medium heat. Sauté leeks and garlic for about 8 minutes. Add coconut milk and remaining lime juice; simmer until thickened (about 4 minutes). Stir in lime zest. Season with salt and pepper to taste. In a medium saucepan, heat 1 cup of hot water with the butter and seasoning salt. Once it boils, add the chard and cook until it wilts, about 4 minutes stirring often. Drain off the liquid in a strainer. Once fish is cooked, add it to the coconut sauce and spoon the sauce over fish. Simmer for 1 minute. Top with cilantro. Plate fish with rice and chard and serve immediately. Enjoy!



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