

Coconut Curry Fish with Pickled Onions

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1 small red onion, thinly sliced
1/4 cup red wine vinaigrette
1 can (13.66 ounce) coconut milk
1 tablespoon curry powder
2 teaspoons fish (or Worcestershire) sauce
2 teaspoons sriracha-garlic seasoning, divided
4 (one pound total) white fish fillets
cooking spray
2 tablespoons fresh cilantro, coarsely chopped
1 lime (for wedges) (optional)

Halve the onion, then slice (about one cup). Combine the onion and vinaigrette. Toss to coat. Let stand for 15 minutes, stirring occasionally.

In a small saucepan on medium-low, combine the coconut milk, curry powder, fish sauce and one teaspoon of the seasoning. Bring to a simmer. Simmer for 8 to 10 minutes, stirring occasionally or until the sauce has reduced by one-half and thickened.

Meanwhile, preheat a large nonstick saute' pan on medium-high for 2 to 3 minutes. Season the fish with the remaining one teaspoon of seasoning and coat with spray (wash hands). Place the fish in the pan. Cook for 2 to 3 minutes on each side or until the fish is opaque and flakes easily.

Chop the cilantro and cut the lime into wedges (if using). Serve the fish with the sauce, topped with onions and cilantro. Garnish with lime wedge (if desired).

Always check fish for bones and cook to an internal temperature of 145 degrees.

Per Serving (excluding unknown items): 634 Calories; 58g Fat (77.1% calories from fat); 8g Protein; 31g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 45mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 1/2 Fruit; 11 1/2 Fat.