COCONUT SPINACH SNAPPER

Ingredients

4 SNAPPER FILLETS ABOUT 6 OZS. EACH 1 TSP SOY SAUCE

1 TBS CANOLA OIL 1 SPLASH HOT SAUCE

3/4 TBS SALT 4 DICED PLUM TOMATOES

1 CORED, SEEDED AND DICED RED BELL PEPPER 1 TBS BLACK PEPPER

1 CORED, SEEDED AND DICED GREEN BELL PEPPER 2 CLOVES CRUSHED GARLIC

1 TSP FRESH GRATED AND PEELED GINGER 1 TEN-OZ BAG WASHED SPINACH

1/2 CUP DICED RED ONION 1 CUP COOKED BASMATI RICE, OR

1 1/2 CUPS CANNED COCONUT MILK REGULAR LONG GRAIN WHITE RICE

1/2 CUP FRESH CHOPPED CILANTRO 2 TBS FRESH LIME JUICE

HEAT 1/2 TBS OF CANOLA OIL IN LARGE SKILLET OVER MEDIUM HIGH HEAT. SEASON FISH WITH SALT AND PEPPER AND COOK (SKIN SIDE UP FIRST IF FILLET HAS NOT BEEN SKINNED) FOR 2-3 MINUTES PER SIDE, THEN REMOVE FROM SKILLET. REHEAT SKILLET AND COOK GARLIC, GINGER AND 1/4 CUP OF THE DICED ONION UNTIL TENDER. THEN ADD COCONUT MILK, LIME JUICE AND CILANTRO AND BRING TO A BOIL. THEN ADD SOY AND HOT SAUCE AND FISH FILLETS AND SIMMER FOR ABOUT 1 MINUTE. IN A SEPARATE SKILLET, HEAT REMAINING OIL OVER MEDIUM HEAT THEN ADD AND SAUTE REMAINING VEGATABLES (ONIONS, TOMATOES, BELL PEPPERS AND SPINACH) UNTIL SPINACH IS JUST WILTED. PUT A MOUND OF RICE ON A PLATTER, ADD THE VEGGIES AND PLACE THE FILLETS AND SAUCE ON TOP.

NOTE: THIS RECIPE WAS DONATED BY DON GOOD AND HE SAYS: "I PREPARED IT MYSELF FOR BETTY AND ME AND IT WAS BETTER THAN DELICIOUS."