

## Thai Fish

This tastes just like a Thai Restaurant would but it's healthy!

1/4 cup whole milk  
1/2 tsp. coconut extract  
1 pound monkfish fillets or any other fish of your choice  
3 Tbsp. chunky peanut butter  
1 Tbsp. grated peeled gingerroot  
1 jalapeno pepper, seeded, deveined and minced (wear gloves to prevent irritation)  
2 Tbsp. chopped cilantro  
2 Tbsp. fresh lime juice  
2 garlic cloves, minced  
3/4 tsp. salt  
1/4 tsp. freshly ground pepper  
4 lime slices

1. In a small bowl, combine the milk and coconut extract.
2. Arrange fish in a glass bowl and dot with peanut butter. Sprinkle with the milk mixture, the gingerroot, jalapeno, cilantro, lime juice, garlic, salt and pepper; top with the lime slices.

Bake at 400 for 15-20 mins.

Serve with wild rice, spelt rice, or quinoa. Serve with veggies of your choice.