



4 servings



25 minutes

Sinanglay



Ingredients

- 2 whole tilapia, cleaned and descaled
- 2 pak choi, leaves separated and use the green part
- 4 cloves garlic, minced
- 1 red onion, chopped
- 1 inch ginger, sliced thinly
- 2 tsp fish sauce
- 2 tsp RoniB's Kitchen Garlic Chilli Oil
- 1 can coconut milk
- salt & pepper to taste
- Lemongrass (optional)
- Anaheim chillies (optional)

Method

1. Salt and pepper the tilapia inside and out then wrap pak choi leaves around the fish
2. Place the fish in a deep pan and add the garlic, onion, ginger, salt, pepper, lemongrass, and Anaheim chillies (if using).
3. Add the coconut milk, garlic chilli oil, and fish sauce. Turn on the hob to medium heat. Cook covered for about 10 minutes.
4. Remove the cover and continue to cook until the coconut milk has thickened and reduced, and the fish cooked through.
5. Adjust seasonings. Add salt & pepper to taste.
6. Serve hot with rice.

*A healthy fish meal for Friday meals
Quick & easy.*

*Alternatives: Use any white fish including
fillets*

