Curried Rockfish

SERVES 6

Ingredients

1 1/2 pounds rock fish fillets, skin and bones removed
2 tablespoons coarse sea salt, plus more to taste
2 tablespoons canola or vegetable oil
2 cloves garlic, peeled and smashed
1 4-inch long stalk of lemongrass, smashed
1 2-inch piece of ginger, cut into 1/4-inch rounds
4 cups coconut milk
2 teaspoons curry powder, or more to taste
1 teaspoon freshly grated lemon zest
1 teaspoon freshly grated lime zest
1/2 cup chopped cilantro leaves
1 tablespoon freshly squeezed lemon juice

Directions

Season fish evenly on all sides with salt. Heat oil in a large non-stick skillet over medium-high heat. Add fillets and sear for 3 minutes, or until golden brown. Turn each fillet and add garlic, lemongrass and ginger to the pan. Continue cooking for 2 minutes or until fish is golden brown. Add coconut milk, bring to a boil, reduce to a simmer and stir in curry powder, lemon zest, and lime zest. Add seared fish and continue to simmer for 15 minutes. If desired flake fish into large pieces using a fork. Sprinkle with cilantro and drizzle with lemon juice just before serving.