

# Main Course

## Fish in Lemon Coriander Sauce

*\* Gluten-Free*

Such a refreshing dish to have in the summer time! Serve with a side salad, rice, and a glass of white wine.

### You'll Need

- 2-3 green chilies stems removed and deseeded and chopped
- 2 garlic cloves, minced
- 1/4 cup lemon juice
- 1/2 teaspoon salt
- 4 tablespoons chopped fresh cilantro
- 1/2 teaspoon ground coriander seeds
- 1 1/2 pounds halibut or other firm white fish
- 4 tablespoons butter or olive oil
- Lemon Slices



### Directions

- Mix the chilies, garlic, salt, lemon juice, cilantro, and coriander and use to marinate the fish for half an hour (no longer than one hour).
- Remove the fish and combine the marinade with the butter or olive oil.
- Grill or broil the fish, basting with the marinade mixture.
- Serve with lemon slices

### Play with Your Food

- Try this marinade with shrimp.
- Try with lime instead of lemon