

KOKONDA – CRUMBLE



Serves: 5

Prep: 30 mins

Cook: 15 mins



Nutrition per serving:

619 kcals

7g Fats

3g Carbs

125g Protein

“Kokonda” is a traditional Fijian Dish made with marinated white fish that is mixed with different vegetables cut in small cubes and served in coconut cream.

This recipe has a very high content of proteins and is a great consistent meal if you are working to build muscles.

Ingredients:

Fish:

- 5 white fish fillets (bones removed)
- Juice of 2 lemons
- ½ cup coconut cream

Vegetable mix:

- 1 carrot
- 1 tomato
- 3 spring onions
- 1 branch of celery
- 1 yellow paprika
- 1 red paprika
- Pinch nutmeg
- Salt
- Pinch pimento
- Pinch black pepper
- 1 branch lemongrass
- 2 garlic cloves (crushed)

Crumble:

- ½ cup rolled oats
- ½ cup whole wheat flour
- ¼ cup fresh parsley (chopped)



- Zest of 1 lemon
- Ground black pepper
- 3 Tbsp olive/canola oil
- 2 Tbsp pecan nuts
- 2 cm ginger (grated)

Preparation:

Marinate the fish in the juice of 2 lemons 2-3 hours before cooking.

1. Preheat the oven to 200 C (400 F).
 2. In a large ball mix all vegetables together
 3. Add salt, black pepper, nutmeg, pimento, crushed garlic and grated ginger
 4. In a blender/food processor or simply by hand, combine the oats, flour, parsley, lemon zest, pecan nuts and some freshly ground black pepper.
 5. Add the olive oil and mix until the mixture just comes together.
 6. Arrange the fish in a single layer, skin side down, in a shallow 4 cup ovenproof dish that fits the fillets snugly.
 7. Pour over the vegetables cut in small cubes, coconut cream and top with the crumble topping, spreading it evenly over the fish.
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8. Bake for 15 minutes, until the topping is well-browned, and the fish is just cooked through. Serve hot.

***Nutritional Advice:** For a gluten free version replace the flour with desired gluten free flour such as: almond meal, gluten free flower or corn flour.*

For a vegetarian version replace the fish with Tofu. Marinate it before 2h before cooking in a mixture of lemon juice, salt, black paper and oregano

