

SLOW COOKER WHITE FISH

INGREDIENTS

675 g (1 1/2 lb) white fish fillets
1 cup canola oil
1 can of coconut milk of 400 ml
1/4 cup creamy peanut butter
1 chopped onion

PREPARATION

1. Place the fish fillets in the slow cooker. Cover with oil.
2. Cover and cook on Low for 45 minutes or until the fish flakes with a fork.
3. In a saucepan, mix the other ingredients to prepare the sauce.
4. Simmer for 6 to 8 minutes over low heat, stirring occasionally.
5. Serve the fish with the sauce!

Inspired by: www.ricardocuisine.com (fish) et www.lesrecettesdecathy.com (sauce)

apainintheneck.org

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