

## FISH THE WAY CHEF GIL



### Ingredients (serves 6 people):

1500 g of sole fillet or other whitefish

1 and ½ glass of milk

200 ml of coconut milk

200 g of cream cheese

500 g of tomato pulp

1 tbsp cornstarch

Chopped parsley to taste

1 Sicilian lemon juice

Salt to taste

Black pepper to taste

### Preparation:

1. Season the fish fillets with salt, black pepper, lemon and parsley.



2. Let stand for 1 hour.

3. Mix ingredients except milk and cornstarch in a bowl until smooth.

4. Dilute cornstarch in milk and incorporate in bowl and stir to smooth.

5. Drain the fish fillets and arrange on a baking dish.

6. Pour the contents of the bowl with the ingredients over the fish fillets.
7. Bake in preheated oven at 180° C for 1 hour.
8. Remove from oven and serves with Jasmine rice.

