

Indian-spiced barbecue fish in banana leaves (gluten free)

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Celebrity chef Pete Evans shares one of his favourite gluten-free fish dishes.

Ingredients (serves 2)

- 2 fresh banana leaves, veins removed (see note)
- 4 x 160 g pieces of coral trout or other white-fleshed [fish](#), skin off and pinboned
- lime wedges, to serve

Coconut crumb

- Peeled flesh of 1 fresh coconut (about 375 g), coarsely chopped (see note)
- 3 green chillies, coarsely chopped
- 1 large handful of coriander
- 3 large handfuls of mint leaves
- 125 ml (½ cup) coconut oil
- 2 garlic cloves, peeled and crushed
- ½ tsp ground turmeric
- 1 tsp cumin seeds
- Juice of 2 limes

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Method

To make the coconut crumb, place the coconut, chilli, coriander, mint, oil, garlic, turmeric, cumin seeds, lime juice and some salt in a food processor and process until finely minced. Slowly pass each banana leaf over a medium-high flame until the leaf turns bright green. Alternatively, place the leaf on a barbecue hotplate and heat until it turns bright green, remove from heat and allow to cool.

Preheat the barbecue grill to medium. Place a fish piece on a banana leaf piece. Spread one-quarter of the coconut crumb over the fish. Wrap the leaf around the fish and tie with kitchen twine to secure. Repeat with the remaining ingredients. Place the fish parcels on the barbecue and cook for about four to eight minutes, or until the fish is cooked through. Serve with lime wedges.

NOTE: Heating banana leaves makes them malleable and easy to fold. If banana leaves are unavailable, use baking paper or foil. Choose a coconut that feels heavy with no sign of dampness.

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