

# Oka i'a (Samoan coconut fish)

Serves 3–4 · ~25–30 minutes (no-cook)



Photo: courtesy of Lambros

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## Ingredients

- 400 g very fresh salmon or firm white fish (cod/halibut), skinless & boneless
- Juice of 4 limes or 2 lemons (about 120 ml)
- 200–250 ml coconut milk
- 1 small red onion, thinly sliced
- 1 small cucumber, diced
- 2 small tomatoes, diced
- 2 spring onions, sliced
- 1 small red chilli, finely chopped (to taste)
- Salt & black pepper
- To serve: lettuce leaves or steamed rice

## Steps

- 1 **Prep fish.** Cut into 1–1.5 cm cubes. Toss with citrus juice and a pinch of salt. Chill 15–20 min until the outside turns opaque.

- 2 **Drain & cream.** Drain most of the citrus (leave 1–2 tbsp). Stir in coconut milk.
- 3 **Add-ins.** Fold in onion, cucumber, tomatoes, spring onion and chilli. Season with salt & pepper.
- 4 **Serve.** Eat well-chilled right away, in lettuce cups or over a little rice.

## **Food safety notes (important)**

- **Acid doesn't make it safe:** lemon/lime firms the flesh but doesn't reliably kill parasites or pathogens.
- **Use sushi-/sashimi-grade or previously frozen fish:** freezing to about  $-18\text{ }^{\circ}\text{C}$  for ~7 days (commercial freezers may use colder/shorter cycles) inactivates parasites like Anisakis.
- **Prefer reputable farmed Atlantic salmon** for lower parasite risk — but still follow the freezing rule.
- **Keep everything cold:** prepare just before eating, keep fish refrigerated while curing, and discard leftovers the same day.
- **Who should avoid raw fish:** pregnant people, very young children, older adults, and anyone immunocompromised.
- **Cooked variant:** lightly poach or pan-sear the fish until just done, chill, then proceed with the recipe — still delicious.