Creamy Curried Fish

3 tbs. unsalted butter
1 filet of fish per person (red snapper, tilapia, orange roughy, halibut, cod, mahi-mahi)
Kosher salt, to taste
Juice of 1 small lemon
1 bunch green onions, chopped
1 bunch cilantro leaves, chopped
1 15-oz. can chickpeas, rinsed and drained
1½ tbs. curry powder
1 cup chicken stock
1 cup half-and-half
Garnish: green onions and cilantro leaves

In a large skillet or Dutch oven over medium-high heat, melt the butter.

Prepare both sides of the fish filets by sprinkling with just a pinch of Kosher salt and a splash of lemon juice on each side.

Sear in the butter for about 2-3 minutes each side, or until skin develops a tanned color. Be careful not to overcrowd the pan. Remove fish from skillet and keep warm.

In the same pan, add green onions and cilantro. Sauté until vegetables are tender, stirring occasionally (about 1 minute). Add chickpeas and curry; stir to combine. Cook for 1 minute until curry is fragrant. Add chicken stock, stirring to scrape the bits on the bottom of the pan. Simmer for about 5 minutes, until chickpeas begin to tenderize.

Turn heat to low and add the half-and-half, stirring to combine. Add the fish back to the pan, spoon some sauce to cover the fish, and cover the Dutch oven or skillet. Cook on low, stirring occasionally, for about 20 minutes. Turn the fish over about halfway through simmering. Remove skin from fish if there is any.

Garnish with more chopped green onions and cilantro.

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