

TILAPIA FILET

Serves 6. Shown here with Spinach Salad and Creamy Cilantro Dressing

Ingredients

- 2 eggs
- 1 tablespoon water
- ¾ cup corn meal
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon paprika
- ½ teaspoon sea salt
- 12 turns of fresh ground pepper
- 6 fresh tilapia filets or 1 ½ lbs
- ¾ cup vegetable or light olive oil

Directions

In a medium bowl whisk egg and water. Set aside. In a medium bowl combine

corn meal, garlic powder, onion powder, paprika, sea salt and pepper. One at a time, dip the tilapia filets into the egg mixture and then the cornmeal mixture (follow the one dry hand one wet hand rule and your good). Coat filets very well. Set aside onto a large plate and move onto the next.

In a large skillet heat the oil to medium-high/high. Make sure your fillets sizzle when they hit the pan - but don't burn. Adjust your temperature accordingly. Work in batches of two or three filets at a time. Cook approximately 4 minutes on each side – 8 minutes total - or until the filets are fully cooked, flesh will be white and flake easily.

Top your favorite salad or simply squeeze fresh lemon and serve along crispy oven fries. Enjoy.



Firm, fresh and mild in flavor, Tilapia has become one of the most popular fish to eat in America. A great variety to try if you are not a huge fish lover - but equally satisfying to all who love fish. I think tilapia is probably the least fishy fish out there. Wonderful to cook indoors as you won't be bothered with lingering odors. This recipe is also great for Fish and Chips.