

# Pan Fried Turmeric Ginger Tilapia

4 SERVINGS 45 MINUTES



## INGREDIENTS

4 Tilapia Fillet (about 6 oz. each)  
2 tbsps Extra Virgin Olive Oil  
1 Lime (juiced)  
1 tbsps Ginger (peeled and grated)  
2 Garlic (cloves, minced)  
2 tsps Turmeric (ground)  
1 tsp Cumin (ground)  
1 tbsps Coconut Oil  
1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	214	Iron	2mg
Fat	12g	Vitamin D	144IU
Carbs	3g	Folate	30µg
Fiber	1g	Magnesium	38mg
Protein	24g	Zinc	1mg
Vitamin C	4mg		

## DIRECTIONS

- 01 In a small mixing bowl whisk together olive oil, lime juice, ginger, garlic, turmeric, cumin and sea salt. Transfer the mixture to a zipper-lock bag.
- 02 Place fish fillets in the bag, press out the extra air and seal the bag. Using your hands massage the turmeric-ginger sauce onto each fillet. Let fish marinate for at least 15 minutes or for up to one hour.
- 03 Heat the coconut oil in a large skillet or frying pan over medium-high heat. Transfer the fillets from the bag to the pan and cook for 3 to 4 minutes per side until golden brown and crisp. (Note: You may need to cook the fillets in batches depending on the size of your pan.)
- 04 Transfer the fillets to a plate and season with additional salt if needed. Enjoy!

## NOTES

### RECIPE ID 626

### NO TILAPIA

Use any type of white fish fillet instead like cod, haddock, pickerel or orange roughly. Cooking times may vary depending on the thickness of the fillet.