



CURRY-RUBBED TILAPIA

Makes 4 servings | Serving size: 1 filet

PREP TIME

5 min

COOK TIME

10 min

TOTAL TIME

15 min

I like to use tilapia in a variety of dishes, including this Indian-inspired entrée. This is delicious served with lentils and steamed veggies or made into tacos. However you serve it, it's a great way to get your protein in!

Ingredients

- 1 tablespoon curry powder
- 2 teaspoons ginger
- 1 teaspoon cinnamon
- 2 teaspoons cumin
- ¼ teaspoon salt
- 2 tablespoons olive oil
- 4 tilapia fillets (about 1 pound)



Directions

1. In a small mixing bowl, stir together all the spices.
2. Heat the olive oil on medium-high heat in a large pan.
3. Sprinkle 1 teaspoon of the spice blend onto the front and back of each tilapia fillet.
4. Place the fillets in the hot oil. Cook for about 3–5 minutes on each side, or until the tilapia is flaky, but not overcooked.