

# Tilapia again?

## TILAPIA SALAD



This meal can be ready in under  $\frac{1}{2}$  hour. Great for times when you want to get on with the evening and not spend a lot of time in the kitchen. All we're doing here is sautéing tilapia which is a fast-cooking fish.

- 2 or more servings of tilapia
  - Any salad of your choice
  - 1 Tbsp. dill
  - 1 Tbsp. parsley
  - 3 Tbsp. butter
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- Prepare your salad before cooking the fish.
  - Pre-heat the skillet before adding the butter.
  - Sprinkle the tilapia with dill and any other seasoning that you like.
  - When the butter starts to brown, add the fish.
  - Cook for five minutes on each side or until crisp.

- Remove fish and add to salad and serve.

COMMENTS: There are so many salad solutions on the market today. We don't have to spend a lot of time making them ourselves. Stop off at your favorite market on the way home, pick up a ready-made salad and you're set. Of course nothing beats creating your own salad with all your favorite ingredients.

You may use butter or oil, preferably olive oil. The reason why I use butter is that it makes all my fish and meats crisp and has that burnt color in such a short time. I always use the unsalted butter of course.

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