



Mexican Skillet Tilapia

Recipe By JOE LASHER, SR.

SERVES: 4

INGREDIENTS:

- 4 fresh tilapia filets (substitute any hearty white fish)
- 2 tsp. ground cumin
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1 tsp. sea salt
- 1 tbsp. olive oil
- ½ cup cherry or grape tomatoes
- ½ red onion, *thinly sliced*
- 1 tbsp. minced garlic
- 1 cup Mexican beer (substitute vegetable broth)
- 1 jalapeño pepper, *minced*
- ¼ cup fresh squeezed orange juice
- 1 sea salt, *to taste*
- 1 ground black pepper, *to taste*
- 1 fresh cilantro, *chopped for garnish*
- 1 lemon or lime, *for garnish*

DIRECTIONS:

- 1. Combine cumin, chili powder, garlic powder, and sea salt. Generously coat tilapia filets with seasoning blend.
- 2. Heat olive oil in heavy skillet over medium-high heat and add fish filets. Cook 2-3 minutes and then carefully turn using a flat spatula. Cook 2-3 more minutes until fish is white and flakey. Remove and set aside.
- 3. Add tomatoes to the same skillet and sauté until blistered. Add onion and garlic and sauté until onions soften.
- 4. De-glaze the skillet by adding beer (or broth) to skillet, still over medium-high heat and bring to a boil. Let simmer until liquid is reduced by ½, approximately 5 minutes.
- 5. Finish the sauce by adding jalapeño, citrus juice, and salt and pepper to taste. Simmer over low-medium heat for 5 minutes.
- 6. Add the fish back into the skillet. Spoon sauce over the fish and garnish with fresh cilantro and lemon or lime wedges.

Did you make this recipe?

Tag your picture (@inglesmarkets) and you might win a prize!

ingles

ingles-markets.com