

Tilapia in Coriander Sauce

Tilapia fillets
¼ cup Lime juice
2 Tbs Lemon juice
1 Tsp Olive Oil
2 Cloves Garlic, minced
1 Tomato, chopped
1 Tbs minced Cilantro Leaves
Ground Pepper

Place fish in 11” Skillet or Electric Oil Core. In bowl, combine Lime and Lemon juice and pour over fish. Marinate 15-30 minutes in refrigerator, turning after 10 minutes. In skillet over medium heat, preheat oil. Add Garlic. After 1 minute, add Tomato, Cilantro and Pepper. Cover, then MEDIUM-CLICK-LOW for 10 minutes. Remove cover and mash Tomatoes. Drain fish and place on top of tomato mixture. Cover and cook on low for 8 - 10 minutes until fish is completely done. Remove fish to serving plate and spoon Tomato-Cilantro sauce over fish and serve with hot Rice.