

PAN SEARED TILAPIA



SERVING SIZE

4



INGREDIENTS

ITEM

Tilapia Fillets (4 Fillets)
Salt
Ground Black Pepper
Garlic Powder

QUANTITY

1 Lb.
½ Tsp.
⅛ Tsp.
½ Tsp.

ITEM

Paprika
Dried Basil
Olive Oil

QUANTITY

½ Tsp.
½ Tsp.
1 Tbsp.



PREPARATION

- Pat tilapia fillets dry with a paper towel.
- Season both sides with salt, pepper, garlic powder, paprika, and dried basil.
- Heat olive oil in a large skillet over medium-high heat until shimmering.
- Place the fillets in the skillet and cook for 3-4 minutes per side, or until the fish is golden brown and flakes easily with a fork.
- Remove from skillet and transfer to a serving plate.
- Serve warm and enjoy!