

Chili-Rubbed Tilapia with Asparagus

Ingredients

1 lb Tilapia
2 lbs asparagus, ends trimmed &
cut into 1-inch pieces
1/2 tsp garlic powder
1/2 tsp salt
2 tbsp extra virgin olive oil
2 tbsp lemon juice

Directions

Bring 1 inch of water to a boil in a large saucepan. Put asparagus in a steamer basket and steam about 4 minutes. Transfer to a large plate, spreading out to cool.

Combine chili powder, garlic powder and 1/2 tsp salt on a plate. Dredge fillets in spice mixture to coat. Heat oil in a large nonstick skillet over medium-high heat. Add the fish and cook until just opaque in the center, about 5-7 minutes total. Flip fish halfway through cooking.

Divide fish among 4 plates. Immediately add lemon juice, the remaining 1/4 tsp salt and asparagus to the pan and cook, stirring constantly, until asparagus is coated and heated through, about 2 minutes.

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