

Tilapia in Mustard Cream Sauce

Ingredients

4 tilapia fillets	1 oz Portobello mushrooms, thinly sliced
1/2 tsp chopped fresh thyme	2 tbsp whipping cream
1/2 tsp ground black pepper	2 tbsp Dijon mustard
1/4 tsp salt	
3/4 cup chicken broth, low sodium	

Directions

Sprinkle fish with thyme, pepper & salt. Heat a large, nonstick skillet over medium-high heat. Add fish; cook 1 minute on each side. Add broth and bring to a boil. Cover, reduce heat, and simmer 5 minutes. Add mushrooms; cook, uncovered, 1 minute, or until mushrooms are tender. Remove fish from pan, keep warm.

Add cream and mustard to pan; stir with a whisk until well combined. Cook 1 minute or until thoroughly heated. Serve sauce over fish.

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