



Jerk Tilapia and Baked Sweet Potato Fries

NIBBLEDISH CONTRIBUTOR

Ingredients

For the tilapia:

- Jerk seasoning - I used Penzey's
- Garlic - 1-2 cloves sliced
- Green onion - sliced thinly
- Olive oil
- Salt and pepper to taste

For the sweet potato fries:

- Paprika
- Cayenne pepper
- Oregano
- Vegetable oil
- Salt and pepper to taste

Instructions

An easy everyday sort of meal. This is my first posted recipe so be gentle.

For the tilapia:

1. Sprinkle both sides of the fish liberally with the jerk seasoning, salt and pepper.
2. In a pan on medium-high heat, add olive oil and briefly saute garlic.
3. Add tilapia and cook for 3-4 minutes per side. I like to put a few of those garlic slices on top while cooking.
4. When done, sprinkle green onion on top and serve.

For the sweet potato fries:

1. Preheat oven to 425 degrees (220 degrees celsius).
2. Slice the sweet potato into thick slices.
3. Add them to a ziploc bag with all the other ingredients and shake to coat.
4. Add potatoes to a roasting pan or baking sheet and bake for 15-20 minutes.
5. Flip the potatoes over and bake for another 15-20 minutes.
6. I sprinkled with a little more kosher salt when done though it isn't necessary.

Voila.