



# Easy Pan Fried Tilapia with 2 sauces

NIBBLEDISH CONTRIBUTOR

## Ingredients

### Tilapia

- Tilapia: 1 med. size
- Whole coriander seeds: 1 tsp.
- Lime juice: 4 tsp.
- Onion: 1 small thinly sliced
- Garlic: 2 cloves, chopped
- Green serrano chili: split in half
- Little flour
- Salt and black pepper to taste
- Oil

### Garlicky Lime Butter

- Lime zest: 1 med lime
- Onion: thinly sliced, 1 tbsp.
- Garlic: 4 cloves, pan roasted
- Green chili: chopped
- Butter (unsalted): 4-5 tbsp.

### Parmesan Sauce

- Mayonnaise: 2-4 tbsp.
  - Parmesan cheese: 2-3 tsp.
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- Black pepper: to taste
  - Lime juice: 2-3 tsp.

## Instructions

### Tilapia

1. Clean the fish and gut it. Score the skin with diagonal cuts to help the marination.
2. Marinate the fish in salt, pepper, coriander seeds (I pushed it through the slits) and lime juice. About 20-25 mins.
3. Pat dry. Cover fish lightly with flour - will make it crispy and give a nice color.
4. Heat oil till smoky add the onion, garlic and chili to flavor the oil then place the fish. Should take about 5-6 mins to cook. About 2-3 mins on each side.

*\*Tip: The coriander seeds can be lightly dry roasted before adding to the fish, that way the natural oils and flavors come out or grind it after lightly dry roasting and then marinating the fish with it.*

**The Sauces:** Just mix it all together and spread over fish or serve as a side dipping sauce.