

Quick Crusted Tilapia

Serves 2, easily scaled up : about 15 minutes for 2 filets

Ingredients:

- 2 tilapia filets
- salt & pepper
- smoked paprika
- onion powder
- garlic powder
- ⅓ cup panko crumbs
- ¼ cup freshly grated parm
- ~2 tbsp avocado oil (enough for a shallow coating across the pan)
- 1 tbsp butter

Instructions:

- Preheat a cast iron skillet over medium heat.
- Take 2 tilapia filets & coat each side with a gentle coating of salt, pepper, paprika, onion powder, & garlic powder. You don't really want to over season it.
- Add avocado oil & butter to the skillet, allowing it to warm through.
- Mix bread crumbs with parmesan in a small bowl.
- Press bread crumb mixture into the fish. You'll have to use a little bit of force to keep the breadcrumbs from falling off. Flip & bread the second side.
- Once the tilapia is coated, check that your oil is nice & hot. You can test it by throwing a breadcrumb in. It should sizzle.
- Use a large spatula to scoop the fish into the pan, being cautious to not knock off too many breadcrumbs.
- Cook filets for 3-5 minutes per side* until golden & cooked through.
- Move filets to a plate lined with a paper towel & enjoy with the rest of your meal.

recipe notes:

- After cooking one side of the filet & flipping, I usually have to turn the heat to low or else risk burning the second side.
- Butter is optional for this recipe but I feel like it adds more flavor and color.

what you learn:

- I think this recipe is a good example of a dish being easier than you expect. It sounds fancy right? Parmesan crusted tilapia filet! But it only took 15 minutes.