

Mediterranean Tilapia with Vegetable Ribbons

Recipe By Elky Friedman



Cooking and Prep:  40
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Serves:  4

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Shavuot

Diet: Gluten Free, Low Fat,

Low Carb, Pescetarian

Source: Whisk by Ami

Magazine

A few years ago, I was invited to a Thursday night sheva brachos. One of the dishes that was served was a tilapia covered in ribbons of vegetables. It had a light lemony flavor...and an exotic kick. This is my recreation of that memory.

Ingredients (11)

Main ingredients

- 4 tilapia or flounder fillets (about 1 and 1/2 pounds)
- 1 red pepper, thinly sliced
- 1 yellow pepper, thinly sliced
- 1 medium red onion, sliced in thin half circles

- 1 yellow squash, thinly sliced
 - 1/4 cup **Bartenura Olive Oil**
 - 1/4 cup water
 - 3 tablespoons lemon juice
 - 3 garlic cloves, crushed or 3 cubes **Gefen Frozen Garlic**
 - 1 teaspoon **Gefen Cumin**
 - 1/2 teaspoon cayenne pepper
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Start Cooking

Make the Fish

1. Preheat oven to 350°F.
2. Place tilapia in a baking pan. Place the vegetables over the top of each piece of fish.
3. In a small bowl, whisk together olive oil, water, lemon juice, garlic, cumin, and cayenne pepper. Pour the mixture over the vegetables. Let the fish marinate for at least 15 minutes. Bake covered for 10 minutes. Uncover and bake an additional 15 minutes.