

Seared Tilapia with Cucumber Pineapple Salsa

Recipe By Ashira Mirsky



Cooking and Prep:  30
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Serves:  4

Contains:  

Preference: Parve

Difficulty: Easy

Occasion: Shabbat, Nine
Days

Diet: Low Fat, Low Carb,
Pescetarian

Cuisines: Ashkenazi, Thai

The crunchy, refreshing salsa compliments the tilapia and coconut rice! This dish is easy to cook, looks gorgeous, and tastes delicious.

Ingredients (12)

Main ingredients

- 13.5 ounces Gefen Coconut Milk
- 2 cups white rice
- 5 fillets fresh tilapia
- juice of 1 lime

- juice of 1 lemon
 - 4 Kirby cucumbers
 - 1 pineapple
 - 1 jalepeno pepper
 - 1 teaspoon **Gefen Honey**
 - Haddar Kosher Salt** and pepper
 - flour (to dredge fish)
 - 2 cups water
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Start Cooking

Create this Dish

1. Pour the can of coconut milk into a small saucepan, along with the water. Bring to a boil and add rice. Simmer on low until the rice has been completely cooked.
2. Dice the pineapple, cucumbers, and jalepeno into small pieces for the salsa. Squeeze on top the lime and lemeon juices and a little honey. Let the salsa marinate in the fridge until ready to serve.
3. Pat the tilapia fillets dry. Season with salt and pepper on both sides, then lightly coat the fish in flour. Fry in hot olive oil until the fish has been cooked through and is perfectly seared.
4. Layer the coconut rice on a plate with the tilapia fillet on top. Finish off with the cucumber pineapple salsa. Enjoy!