

Baked Coconut Cilantro Tilapia



25 min.



6 servings



PER SERVING
208 CAL
FAT: 7.2g
CARB: 1.9g
PROTEIN: 34.9g

30

INGREDIENTS

- 2¼ lb Tilapia
- ½ cup Coconut Milk
- ½ cup Cilantro
- ¼ cup Water
- 3 cloves Garlic
- 1 tsp Pepper
- 1 tsp Cayenne Pepper
- 1 tsp Cumin
- 1 tsp Curry Powder
- ½ tsp Salt
- Olive Oil Cooking Spray

DIRECTIONS

1. Preheat oven to 425°F. Lightly spray a baking dish with cooking spray.
2. Wash fillets and pat dry. Place fish in baking dish and set aside.
3. Combine remaining ingredients in a bowl, and whisk thoroughly. Evenly pour mixture over fish.
4. Bake fish for about 15 minutes until opaque in center.
5. Serve with your choice of rice or another side dish.



EAT THIS MUCH