

# **Tilapia with Cilantro-Curry Topping and Toasted Coconut**

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## **Ingredients**

4 each Tilapia Fillets	1 tsp curry powder
1/2 tsp salt, divided	3 garlic cloves, peeled
Cooking spray	1 jalapeno pepper, halved & seeded
2 tbsp flaked sweetened coconut	
1 cup cilantro sprigs	
2 tbsp fresh lemon juice	
2 tbsp extra virgin olive oil	

## **Directions**

Preheat broiler. Sprinkle 1/4 tsp salt over fish. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add fish to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.

Place the coconut on a baking sheet; broil for 2 minutes or until toasted, stirring occasionally.

Combine remaining 1/4 tsp salt, cilantro, lemon juice, oil, curry powder, garlic cloves and jalapeno in a food processor. Process until finely chopped. Spoon cilantro mixture over each fillet. Sprinkle each with coconut.

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