



Broiled Tilapia with Thai Coconut-Curry Sauce



Although I only occasionally cook tilapia due to its less than exciting flavor, I have indeed found a recipe for tilapia that now pushes this fish up quite a few notches. This recipe was found at www.skinnytaste.com and submitted by Gina Homolka. Thank you Gina for a super delicious recipe!

Yield: 4 servings (serving size: 1 fillet, 1/2 cup sauce, 3/4 cup rice, and 1 lime wedge)

Ingredients:

- 1 teaspoon dark sesame oil, divided
- 1 tablespoon brown sugar
- 2 teaspoons minced peeled fresh ginger
- 1/2 teaspoon salt, divided
- 2 garlic cloves, minced
- 1 (14-ounce) can light coconut milk
- 1 cup finely chopped red bell pepper
- 2 tablespoons chopped fresh cilantro
- 1 cup chopped green onions
- 4 (6-ounce) tilapia fillets
- 1 teaspoon curry powder
- Cooking spray
- 2 teaspoons red curry paste
- 3 cups hot cooked basmati rice
- 1/2 teaspoon ground cumin
- 4 lime wedges
- 4 teaspoons low-sodium soy sauce (I recommend Datu Puti soy sauce!)

(I am proud to say I had all of the ingredients in house except I had to run to the store for the red bell pepper and cilantro!)

Preheat broiler.

Sauce:

Heat 1/2 teaspoon oil in a large nonstick skillet over medium heat. (I used about

1-1/2 teaspoons)

Add ginger and garlic; cook 1 minute.

Add pepper and onions; cook 1 minute.

Stir in curry powder, curry paste, and cumin; cook 1 minute.

Add soy sauce, sugar, 1/4 teaspoon salt, and coconut milk; bring to a simmer (do not boil). Remove from heat; stir in cilantro.

Fish:

Brush fish with 1/2 teaspoon oil; sprinkle with 1/4 teaspoon salt. Place fish on a baking sheet coated with cooking spray. Broil 7 minutes or until fish flakes easily when tested with a fork.

Serve fish with sauce, rice, and lime wedges.

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