Almond-Crusted Tilapia

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This simple and easy weeknight meal is ready to go in under 15 minutes. Only a few ingredients are needed for this tasty almond-crusted tilapia. The almonds should be browned but not burnt in the pan, so keep a close eye on the fish as it cooks. Serve with cilantro or lemon and a side of cauliflower couscous.

Ingredients:

2 medium tilapia filets

1/2 cup whole almonds

1 tsp smoked paprika

Salt and freshly ground pepper

1/4 cup spicy Paleo mustard

Coconut oil, for the pan

Directions:

1. Blend the almonds in a food processor until finely chopped, but not ground. Transfer to a shallow bowl, and then mix in the paprika.

2. Pat the tilapia filets dry with a paper towel and then season generously with salt and pepper. Brush mustard on both sides of each filet, and then dip in the almond mixture to cover each side.

3. Heat the coconut oil in a large skillet over medium heat. Cook the tilapia for 4-5 minutes per side until completely cooked through. Serve warm.

