



## Moroccan Tilapia

### Instructions:

Coat a frying pan with 3 seconds of Pam and heat on a medium flame for 1 minute.

Sprinkle some salt & pepper on the tilapia and insert it into the pan.

Fry each side for 3 minutes.

Pour the matbucha over the fish.

**Counts as 1 dinner main**

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**Prep Time:**

10 minutes

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**Cook Time:**

15 minutes

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**Ingredients:**

8 oz. tilapia

3 heaping TBSP. matbucha  
(see matbucha recipe in the  
dinner side section)

salt & pepper to taste

Pam