



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

Prep Time:

10 minutes

Cook Time:

15 minutes

Ingredients:

6 oz. tilapia

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

salt & pepper to taste

Pam