

BAKED TILAPIA WITH COCONUT CILANTRO SAUCE



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Yield: 4 servings

INGREDIENTS

- 2 tbsp coconut oil or spray
- 4 tilapia filets
- ¼ tsp sea salt
- ½ tsp curry
- ½ cup coconut milk
- ½ cup cilantro leaves
- 1 tsp ginger
- 2 garlic cloves
- ½ fresh jalapeno, seeded and chopped

INSTRUCTIONS:

1. Preheat oven to 425 degrees F.
2. Line baking dish with coconut oil and place fish in dish. Season with salt.
3. Combine all other ingredients in a food processor and pulse until smooth.
4. Pour half the sauce over the fish and bake for 15-20 minutes or until completely cooked.
5. Pour remaining sauce over baked fish and serve.

NUTRITIONAL INFORMATION

Servings	Calories	Fat	Protein	Carbohydrates	Sodium
6 oz.	186	9.8g	2.3g	2.3g	327mg

Carbohydrate Exchanges: 0