
Tilapia Fish Fillet wrapped in Bacon



Difficulty
simple



Preparation
30 Minutes



Cooking time
30 Minutes



Nutrients
high



Ingredients

- 250 g tilapia fillet
 - 500 g new potatoes
 - 80 g sliced bacon
 - 5 g parsley
 - 5 g chives
 - 1 red onion
 - 2 tomatoes
 - 10 ml medium-hot mustard
 - 150 g sour cream
 - Oil
 - Vinegar
 - Salt
 - Pepper
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Preparation

1. Wash the vegetables, herbs, and fish, and pat the fish dry with paper towels. Preheat the oven to 220°C (425°F) (200°C (400°F) fan-forced). You will need parchment paper, a baking sheet, a small bowl, and a large frying pan. Slice the unpeeled potatoes into 0.5 cm (¼ inch) thick slices. Arrange the potato slices on a parchment-lined baking sheet, toss with olive oil*, a pinch of salt*, and pepper*, and bake on the middle rack of the oven for 20–25 minutes.
2. Peel the red onion, halve it, finely dice one half, and slice the other half into thin strips. Halve the tomatoes, remove the cores, and cut the tomato halves into wedges. Finely chop the parsley leaves and slice the chives into small rings.
3. In a small bowl, whisk together the olive oil*, white wine vinegar*, salt*, and pepper* to make a dressing. Add the diced onion, tomato wedges, and half of the chopped chives, and toss to combine.
4. Timing is crucial! Ten minutes before the potatoes are done baking, wrap two slices of bacon around each tilapia and place them seam-side down in a cold pan. Heat the pan over medium heat and fry for about 5 minutes per side. When turning the fish for the first time, add the sliced onions and fry them along with the fish.
5. Remove the tilapia and fried onion strips from the pan. Add the sour cream, medium-hot mustard, and a splash of water to the pan, heat briefly, season with salt and pepper, and stir in half of the chopped parsley.
6. Mix the potato slices with the fried onion strips, the remaining parsley, and the chopped chives, and divide them among plates. Arrange the tilapia on top and enjoy with the mustard sauce.