
Fried Tilapia with coriander mayonnaise



Difficulty
simple



Preparation
15 Minutes



Cooking time
20 Minutes



Nutrients
high



Ingredients

- 2 fresh tilapia, cleaned or alternatively fillets
 - 2 tbsp sunflower oil
 - Sea salt to taste
 - 1 red bell pepper
 - 2 cloves of garlic
 - 1 handful of fresh cilantro
 - 1/2 red chili pepper
 - 1/2 tbsp fish sauce
 - 100 g mayonnaise
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Preparation

1. Clean and wash the bell peppers and cut them into large chunks. Peel and roughly chop the garlic. Briefly rinse a handful of cilantro (about 4-6 sprigs, depending on length) and shake dry.
2. Place everything in a blender. Add the chili and fish sauce and blend briefly. Stir in the mayonnaise and mix until smooth.
3. If using filleted fish, heat oil in a pan. Sprinkle some sea salt on the bottom. Place the fillets skin-side down (if using) in the pan. Fry for about 3-5 minutes, until the skin is crispy. Carefully turn the fish over and fry for another 1-2 minutes.

Sweet potatoes, roasted cauliflower, or broccoli go perfectly with pan-fried tilapia. A simple salad adds even more freshness to the plate.