
Tilapia Pepper Soup



Difficulty
simple



Preparation
30 Minutes



Cooking time
30 Minutes



Nutrients
high



Ingredients

- 300 g tilapia fillet
 - 1 liter water
 - 1-2 fresh chili peppers (to taste)
 - 2 spring onions, finely chopped
 - 1 teaspoon grated ginger
 - 1 teaspoon chopped garlic
 - 1 tablespoon soup seasoning mix (e.g., pepper, nutmeg)
 - 2 tablespoons vegetable oil
 - Salt to taste
 - Fresh herbs (e.g., cilantro or parsley) for garnish
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Preparation

1. Start by carefully cleaning the tilapia and cutting it into even pieces. Deseed and finely chop the chilies, adjusting the amount of heat to your desired level. Have the spring onions ready as well, since they will add a fresh flavor and appealing color to the soup.
2. Heat the vegetable oil in a large pot over medium heat.
3. Add the chopped spring onions, ginger, and garlic, and sauté for 2 minutes.
4. Add the water and spices to the pot and bring the mixture to a boil.
5. Add the chopped chilies and let the soup simmer for about 10 minutes.
6. Finally, add the tilapia pieces to the soup and cook for another 5-7 minutes, or until the fish is tender and cooked through.
7. Season the soup with salt and garnish with fresh herbs.