



Seared Lemon Pepper Tilapia

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup citrus champagne vinegar (or other white wine vinegar)
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 shallots finely chopped
- ☐ 2 teaspoons thyme sprigs fresh finely chopped
- ☐ 2 egg yolk
- ☐ 1 cup olive oil extra virgin extra-virgin
- ☐ 1 cup olive oil extra virgin extra-virgin
- ☐ 1 tablespoon water

- ☐ 0.5 teaspoon sea salt
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup pumpkin seeds toasted
- ☐ 0.3 cup flour all-purpose
- ☐ 2 eggs beaten
- ☐ 2 cups panko bread crumbs crispy
- ☐ 6 fillet tilapia
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 optional: lemon cut into 6 wedges
- ☐ 3 small heads boston lettuce washed and dried well, torn
- ☐ 0.5 cup pomegranate seeds

Equipment

- ☐ food processor

Directions

- ☐ In food processor, place the vinegar, mustard, shallot, thyme and pasteurized egg yolks. Cover; process until smooth. With the machine running, add the 1 cup pumpkin seed oil and then the 1 cup olive oil, 1 tablespoon at a time. If the mixture gets too thick, add the 1 tablespoon ice water. Season with the salt and pepper. Stir in pumpkin seeds. Refrigerate while making tilapia.
- ☐ Place the flour, 2 eggs and the bread crumbs in 3 separate shallow dishes. Dip each fillet in flour then in eggs and finally, dredge on both sides in bread crumbs, shaking off the excess.
- ☐ Heat 2 skillets over high heat. Divide 3 tablespoons olive oil evenly between skillets. When hot, add the fish; reduce heat to medium, and cook until nicely browned, about 5 minutes. Turn fish and cook on the second side until the fish is done throughout (test with a fork), about 4 minutes, depending on thickness.
- ☐ Transfer the fish to 6 individual plates.
- ☐ Garnish with the lemon wedges. Toss the lettuce with a portion of the dressing; divide among plates of fish. Spoon some of the additional dressing over the fish; sprinkle pomegranate seeds over all, and enjoy.

Nutrition Facts

PROTEIN 31.2% FAT 50.53% CARBS 18.27%

Properties

Glycemic Index:52.75, Glycemic Load:5.47, Inflammation Score:-8, Nutrition Score:24.399565344271%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 531.16kcal (26.56%), Fat: 29.97g (46.11%), Saturated Fat: 5.49g (34.32%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 22.08g (8.03%), Sugar: 3.67g (4.08%), Cholesterol: 204.36mg (68.12%), Sodium: 473.25mg (20.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.64g (83.28%), Selenium: 87.27µg (124.67%), Vitamin B12: 3µg (50.06%), Vitamin B3: 8.59mg (42.97%), Phosphorus: 426.03mg (42.6%), Vitamin D: 5.89µg (39.25%), Vitamin E: 4.25mg (28.35%), Folate: 99.8µg (24.95%), Manganese: 0.48mg (24.13%), Vitamin B1: 0.36mg (23.94%), Vitamin B2: 0.34mg (19.94%), Magnesium: 79.17mg (19.79%), Potassium: 673.01mg (19.23%), Vitamin B6: 0.38mg (19.06%), Vitamin K: 19.82µg (18.87%), Iron: 3.34mg (18.55%), Vitamin B5: 1.48mg (14.77%), Copper: 0.27mg (13.7%), Zinc: 1.53mg (10.17%), Fiber: 2.3g (9.22%), Vitamin C: 7.52mg (9.12%), Calcium: 81.6mg (8.16%), Vitamin A: 218.08IU (4.36%)