

MEDITERRANEAN TILAPIA



Gordon
FOOD SERVICE STORE

Ingredients *Yield: 2 servings*

Reorder No.	Description	Amount
493682	Tilapia Fillets	2 ct.
299405	Butter	2 Tbsp.
Market Item	Dry White Wine	¼ cup
311227	Lemon Juice	1 Tbsp.
Market Item	Cilantro, chopped	1 Tbsp.
644650	Garlic, minced	1 tsp.
424307	Salt	1 tsp.
517895	Ground Black Pepper	1 tsp.
Market Item	Capers	¼ cup
234494	Sun-Dried Tomatoes, chopped	¼ cup
324531	Black Olives, sliced	½ cup
225002	Paprika	1 tsp.

Preparation Instructions

Wash hands. Wash all fresh produce under cool, running water. Drain well. Place fish fillets into a heated sauté pan with butter and sauté until done. Fish will be opaque in color and flake easily with a fork. *CCP: Final internal cooking temperature must reach a minimum of 145°F, held for a minimum of 15 seconds.* Heat butter in large sauté pan over medium heat. Mix white wine, lemon juice, cilantro, garlic, salt and black pepper into the melted butter. Add the capers, tomatoes and black olives and simmer the sauce for 5 minutes. Generously spoon sauce over fish fillets. Sprinkle fillets with paprika.