Dinner

# Baked Coconut Curry Tilapia

Tilapia fillets are coated in a creamy red curry sauce made with coconut milk, garlic and peanut butter, then baked until just done and served over brown rice.

| 25 min | 280 | 28 g | 1 g |
|---|---|---|---|
| time | calories | carbs | sugars |



Gluten free | Freezer safe

## Ingredients, 4 servings

- [ ] 1/2 tsp sesame oil
- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 1/2 small onion(s) (thinly sliced)
- [ ] 4 tsp Thai-style red curry paste
- [ ] 1 clove garlic (minced)
- [ ] 1 cup unsweetened coconut milk beverage
- [ ] 1 tbsp natural peanut butter
- [ ] 1 tsp black pepper
- [ ] 4 fillets, about 5 ounces each tilapia (skinless)
- [ ] 1 1/3 cup cooked brown rice
- [ ] 2 tbsp fresh cilantro (for garnish, if desired)

## Nutrition Facts

Per serving

| Calories | 280 |
|---|---|
| **Total fat** | 7 g |
| Saturated fat | 2 g |
| **Sodium** | 430 mg |
| **Total carbs** | 28 g |
| Fiber | 2 g |
| Total sugars | 1 g |
| **Protein** | 27 g |

## Method

- [ ] 1 Preheat the oven to 375 degrees.
- [ ] 2 Warm the sesame oil and nonstick cooking spray in an oven safe saute pan over medium heat, then add the onion and cook for about 5 minutes, until it turns clear without browning.
- [ ] 3 Stir in the Thai-style red curry paste, garlic, unsweetened coconut milk beverage and natural peanut butter, then simmer until the sauce reduces slightly.
- [ ] 4 Sprinkle the black pepper over each tilapia fillet, then add the fillets to the pan and turn them to coat both sides in the sauce.
- [ ] 5 Transfer the pan to the oven and bake for 15-20 minutes, until the tilapia is just cooked through.
- [ ] 6 Spoon the curry over 1/3 cup cooked brown rice per serving and top with fresh cilantro if desired.

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