

Dijon Almond Crusted Tilapia



Ingredients

For the tilapia

2 or 3 fillets of tilapia (approximately 1 pound)

1/3 cup raw almonds

1/4 cup Dijon mustard

1 tbsp honey

1/2 tsp paprika

1/2 tsp garlic powder

Salt and black pepper

Olive oil

Chopped cilantro to garnish

Prep Time: 5 Minutes

Cook: 15 minutes

For the Dijon sauce

1/3 cup Dijon mustard

1 tbsp honey

1 tbsp Worcestershire sauce (optional)

1/4 tsp dried thyme

1 tbsp apple cider vinegar

Directions

- Preheat the oven to 400 degrees and slightly grease a 9 x 13 baking dish.
 - Place almonds in a food processor and pulse until finely chopped.
 - Mix in paprika and set aside.
 - In a small bowl, combine Dijon mustard with honey and mix.
 - Rinse and pat the tilapia fillets dry.
 - Sprinkle each side with garlic powder, salt and black pepper.
 - Coat the bottom side of each fillet with mustard mixture.
 - Sprinkle almond mix on top of mustard and press into the fish with fingers.
 - Place each fillet into the baking dish with the coated side down.
 - Repeat mustard coating and almond topping on the remaining top side of the fillet.
 - Bake for 12 to 14 minutes or until fish flakes easily with a fork.
 - Combine and mix the Dijon mustard, honey, Worcestershire sauce, apple cider vinegar, and dried thyme together in a small bowl to make the Dijon sauce and set aside.
- Top with Dijon sauce & fresh cilantro and serve

