



## PAN SEARED TILAPIA



*Prep Time: 15 minutes*  
*Cook Time: 10 minutes*  
*Yield: 4 servings*

- 4 Tilapia filets
- 1-10 oz. can of Casa Fiesta Mild Enchilada Sauce
- 1-7.75 oz. can of Casa Fiesta Jalapeno Relish
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 3 Tbsp. cumin for enchilada sauce
- ¼ cup of honey
- 6 tomatillos
- 1 large avocado (not too ripe)
- ½ medium onion, diced
- ½ bunch of fresh cilantro, chopped
- 6 Tbsp. of cumin for tomatillo sauce
- 2 cloves of garlic
- Salt and Pepper
- ¼ cup of vegetable oil or non-stick spray

For the enchilada sauce: In a saucepot, add the can of enchilada sauce, half of the can of jalapeno relish, onion powder, garlic powder, 3 tbsp. of cumin, and the honey. Mix until well incorporated and simmer.

For the tomatillo sauce: Take the paper shell off of the tomatillo and wash them well, then quarter them. Cut the avocado in half lengthwise and remove the pit. With a spoon, scoop out the avocado and set aside.

In a blender, combine the tomatillos, avocado, diced onion, chopped cilantro, 6 tbsp. of cumin, and garlic cloves. Blend for 30 seconds. Add salt and pepper according to your taste. Refrigerate after preparing.

To pan sear the tilapia: Season fish with salt and pepper and set aside. In a large sauté pan, add the oil or spray and heat over medium high heat. When the pan is hot, add the fish two filets at a time (makes it easier to flip) and cook for 2 minutes on each side or until the fish is 165°F in the middle and the flesh is solid white. Once cooked, ladle the two sauces over and enjoy!

