

chili lemon garlic tilapia



I really love my tilapia! There are so many ways to prepare it and my chili lemon garlic tilapia will be one of your all time favorites!!! <3



Ingredients

3 tilapia fillet	8 cloves of garlic	1 tomato, minced
½ a teaspoon of white pepper		½ a tablespoon of paprika
½ a teaspoon of dried thyme		½ a tablespoon of turmeric
1 tablespoon of soy sauce		¾ a tablespoon of white pepper
Kez Organics achari		½ a tablespoon of dried thyme
1 red onion diced		Salt to taste
½ a cup of finely chopped spring onion		Vegetable oil for frying

Method

In a small bowl, add the fish fillet followed by the white pepper, thyme, soy sauce, garlic and kez organics. Mix it all up and let it marinate for 30 minutes. As that is going get working on the mchuzi.

In a pan, add the red and spring onion followed by the ginger and garlic. Let this simmer until fragrant and then add the tomatoes. Add the thyme, paprika, turmeric and pepper, followed by ¼ cup of hot water and let this simmer on low heat low about 3 minutes. Add 2 tablespoonful's of the Kez organics achari then let this simmer for another 10 min on low as we pan fry the fish.

Pan fry the fish then remove from the heat once done. Scoop out a bowlful of the mchuzi then and the fish, Slather the scooped out portion over the fish and let it simmer for about 5 minutes. Once done, garnish with your lemon and dania.



SERVE WITH: blazing hot ugali/potato wedges with mboga of choice

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/chili-lemon-garlic-tilapia/>