

# NINO SALVAGGIO MARKETPLACE FISHERY



## Fresh Flavor Fillets™



Recipe and Cooking Directions for:

## THE ULTIMATE TILAPIA

This delicious “Ultimate” Fresh Tilapia Entrée is best prepared using the **GRILLING & Modified PAN SEARING** methods.

### Grilling

Pre-heat grill to medium hot. Be sure grill is clean of debris and very lightly wiped with vegetable oil before grilling fish. Remove product from container and remove all excess marinade. Pat dry product with an absorbent paper towel. Spray both sides of product with non-stick vegetable spray and place on the grill. Cooking time will vary depending on thickness and overall size. Optionally, you may wish to heat any additional marinade in a microwave oven or small sauce pan until simmering and then baste over finished cooked fillet before serving.

**Typically, a 1/2 inch fillet will require approximately 3 to 5 minutes on each side to cook through.**

**CRISPY Ultimate Tilapia** (Modified Pan Searing Method. *Requires Seasoned Dry Bread Crumbs*)

Pre-heat **1 tablespoon of vegetable oil** in a non-stick (Teflon) frying pan on medium heat. Spread a light coating of the marinade evenly over both sides of the fillet and then bread each side with **dry, seasoned bread crumbs**. Pan sear in a non-stick (Teflon) pan, over medium heat with one tablespoon of vegetable oil. (An additional tablespoon of oil may be needed to fry the second side.) Optionally, you may wish to heat any additional marinade in a microwave oven or small sauce pan until simmering and then baste over finished cooked fillet before serving.

**Cooking time is approximately 3 to 5 minutes per side depending on fillet thickness.**

A sautéed medley of colorful vegetables is an excellent accompaniment to this entrée. Choose from Zucchini, Yellow Squash, Carrot, Broccoli Florettes, and perhaps Asparagus and Grape Tomatoes. Cut in small, finger size sticks and sauté in butter or oil and season with salt & pepper.

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