

Tilapia with Fingerling Potatoes



As we all know, fish is good for our health, therefore I've been trying to make more dishes using fish. Unfortunately my husband is not a fish person...I take this back, he just likes halibut and now that I introduced him to other fish, he slowly, very slowly started to acquire the taste for it. Nevertheless, it is still a hard task for me, since one of the complaints is that they are too fishy...now, can you imagine fish smelling like meat or chicken? Then I sure would be very worried...

This is a very simple and yet fulfilling dish. It is totally gluten free and so tasty. We had a complete meal by combining 3 main ingredients: fish (protein), fingerling potatoes (carb) and spinach (veggie).

Ingredients:

2 tilapia filet

2 cloves garlic finely chopped

1 tablespoon butter

12-16 fingerling potatoes

$\frac{1}{2}$ lb crimini mushroom, sliced

$\frac{1}{2}$ red onion, finely sliced

$\frac{1}{2}$ tablespoon dry parsley (or fresh if you have it handy)

$\frac{1}{2}$ tablespoon olive oil

1 bunch spinach

1 tablespoon olive oil

Salt and pepper to taste





Method:

In a medium pot, add water and a pinch of salt, let it boil and add the potatoes. Cook the potatoes for approximately 10 to 12 minutes or until the potatoes start to become slightly soft. Drain and place in a bowl. Add the mushroom, onion, olive oil, parsley, salt and pepper to the potatoes. Toss gently and place in an oven safe tray. Place the potatoes with the mushroom in a 350F pre-heated oven for about 20 minutes.

In the meantime, prepare the tilapia and the spinach.

In a bowl pat dry the tilapia filet. Add garlic, salt and pepper to taste. Place the butter in a fry pan and add the tilapia. Pan fry both side evenly for approximately 5 minutes each side.

Sauté the spinach with olive oil, salt and pepper.

To assemble the plate, place the spinach in the center of the

plate, layer the filet of tilapia gently on top of the spinach and place the fingerling potatoes around. Serve hot.





If you enjoy this healthy and simple tilapia recipe you might want to check on this Asian version of Steamed Tilapia or Tilapia with Fresh Basil from Simple Recipes.



potatoes.

Did you know that fingerling potatoes are fully mature potato? Due to its small size it is often confused with new

Thank you for stopping by Simple Recipes and have a great week!