

Ginger and Cilantro Baked Tilapia



Ingredients

- 1 lb tilapia fillets
- Kosher salt and freshly ground pepper
- 3 garlic cloves, peeled and smashed
- 1 tbsp fresh ginger, grated
- 1 jalapeño pepper, roughly chopped (*optional*)
- 1/3 cup roughly chopped cilantro leaves
- 1/4 cup white wine
- 2 tbsp soy sauce
- 1 tsp sesame oil
- Scallions, chopped for garnish
- Extra cilantro, to garnish

Instructions

1. Heat the oven to 475°F. Pat the fish dry, season lightly with salt and pepper, and lay in a 9x9-inch or 8x8-inch ceramic or glass baking dish.
2. Put the garlic, grated ginger, chopped jalapeño, and cilantro in a small food processor with the white wine, soy sauce, and sesame oil. Whir until blended. (Alternately, you can finely chop or mash the aromatics in a mortar and pestle, then whisk together with the liquid ingredients.)
3. Pour the sauce over the fish, rubbing it in a little. Bake for 8 to 10 minutes, or until the fish flakes easily and is cooked through. It will be very moist and even a little gelatinous, still.
4. Serve immediately over brown rice or orzo, garnished with the additional scallions and cilantro.

Nutritional Information (per serving)			
Calories	244	Potassium	591 mg
Protein	24.1 g	Cholesterol	41 mg
Carbohydrate	13.6 g	Sodium	636 mg
Total Fat	8.4 g	Fiber	0.4 g
Saturated Fat	1.3 g	Makes 2 servings	

Resource: <http://www.thekitchn.com/>