

Spiced Tilapia & Lemon Butter Sauce

INGREDIENTS:

4 (6-ounce) tilapia fillets
2 teaspoons canola oil

RUB:

1 teaspoons chili powder
1 teaspoons chipotle chili powder
1/4 teaspoon ground cumin
1/4 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon freshly ground black pepper

SAUCE:

2 tablespoons minced yellow onion
2 tablespoons minced fresh garlic
1/2 cup dry white wine
4 teaspoons lemon juice
2 tablespoon chopped fresh dill
2 teaspoon butter

DIRECTIONS:

Heat oil in pan over medium high heat. Combine cumin, salt, garlic powder, and peppers; sprinkle evenly over both sides of the fish. Arrange fish in a pan, sauté 4-5 minutes on each side or until fish flakes easily when tested with a fork or desired degree of doneness. Remove fish from pan. Place one fillet on each of 2 plates; keep warm. Add garlic and minced onion to pan. Sauté until translucent. Additional oil may be added to the pan, if needed. Add wine and juice to pan, gently scrape bits from the bottom of the pan; cook over medium-high heat 2 minutes, reducing the wine and lemon juice. Remove from heat; stir in dill and butter. Drizzle sauce over fillets.

Thanks for submitting.....D Reid