



Caribbean Spiced Tilapia with Sweet Potato Puree, Coconut Asparagus and Blackberry Balsamic Glaze

Ingredients:

- 2, 3-4 oz tilapia filets
- 1 large, 6-8 oz peeled baked sweet potato
- 8-10 asparagus spears
- 1/2 tbsp coconut oil
- 1 tbsp lemon juice
- 2 cups balsamic vinegar
- 1/2 cup blackberries
- 1 tsp orange zest
- 1 tsp lemon zest
- Splash of almond milk
- 1/2 tbsp each of paprika, cayenne pepper, ginger, coriander, chili powder, garlic powder, and onion powder
- Sea salt and black pepper to taste
- Stevia to taste



Directions:

For Sauce:

1. Place blackberries and balsamic vinegar in a small sauce pan.
2. Bring to a boil for 10 min.
3. Reduce to low heat and let simmer for another 10 minutes, until half of liquid is cooked off and it coats the back of a spoon.
4. Add lemon zest and Stevia to taste.

For Fish:

5. Spray another pan with non-stick cooking spray and heat to medium high.
6. Season tilapia filets evenly with paprika, cayenne pepper, ginger, coriander, chili powder, garlic powder, and onion powder.
7. Cook each side 3-4 minutes, or until cooked through.

For Sweet Potato Puree:

8. Place peeled baked sweet potato, orange zest, cinnamon, salt, pepper, and almond milk in blender and blend until smooth.

For Asparagus:

9. In a separate saute pan, add coconut oil and heat to medium heat.
10. Add asparagus, lemon juice, salt, pepper, and 1 tbsp water.
11. Cover and cook for 5 minutes.
12. Sprinkle 1/2 tbsp Stevia on top.

To serve, spoon sweet potato puree between two plates, top with fish, 4 or 5 asparagus spears, and drizzle 1 tsp balsamic glaze over the top.

Nutrition Facts

Per serving, recipe makes 2

Calories: 340

Fat: 15 g

Carbs: 57.1 g

Protein: 33.35 g