



BODYBUILDING.COM™

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.

Note: 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.