

## Pan Fried Tilapia with Lemon Cream Sauce

Serves— 4 or 5 (1 filet per person)

Prep Time: 10 mins

Cook Time: 10 minutes

### Ingredients:

-4 or 5 tilapia filets, 4oz each

-2 cups pork dust

-1/2 teaspoon + 1/4 teaspoon garlic powder

-1 teaspoon coconut oil

-1/2 tablespoon + 1 tablespoon butter

-1 egg

-1/4 teaspoon salt

-1/4 teaspoon pepper

-1/2 cup heavy whipping cream

-1/2 lemon, for juicing



### Directions for fish:

Pat fish filets VERY dry with paper towels. Combine pork dust, 1/2 teaspoon garlic powder, 1/4 teaspoon salt, and 1/4 teaspoon pepper together in shallow dish. Beat egg in shallow dish.

Dredge fish through egg first. Then dredge through breading mixture, using your hands to press the crumbs onto the fish. Set on separate plate until all are complete.

Over MED-HIGH heat, melt 1 teaspoon coconut oil and 1/2 tbsp butter until it starts bubbling. Fry 2 pieces fish at a time, 2-3 minutes per side. If it sticks to the pan when you try to flip it, leave it a few seconds longer. Continue until all filets are fried. Set aside on plate.

### Directions for sauce:

Using same pan (or new if you prefer) on MED-LOW heat, place 1 tablespoon butter + 1/2 cup heavy whipping cream. Continuously whisk while they come together. Add 1/4 teaspoon garlic powder and the juice from half a lemon. Whisk and let simmer 1 minute.

Top 1 filet with 1 tbsp of the sauce.

**MACROS for Fish:** 7g F | 25g P | 0g C | 166 calories

**MACROS for Sauce:** 13g F | 0g P | 1g C | 126 calories

*\*\*My Fitness Pal was used to calculate these macros. Your results could be slightly different if you use different ingredients/brands. Please double check your own macros in MFP for the best accuracy. \*\**