

Potatoes-Fried Tilapia with Potatoes

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Ingredients:Serves 2-3

1 filet Tilapia per person
1 Baking potato, will wrap 2-3 tilapias
2 Tbls Canola Oil per fish
salt & pepper to taste

Procedure:

Peel the baking potato and cut into continuous ribbons on a Japanese vegetable unraveler. Or you can make paper-thin slices of potato and overlapping potato slices to form a large rectangle then wrapping the fish in the potatoes. Do not wash the potato slices or ribbon because the starch is what will hold the slices together.

Wrap the Tilapia with potato ribbon or slices. Salt & pepper to taste. Heat 2 Tbls canola oil in a frying pan and sear the wrapped tilapia about 3 minutes on each side until golden brown.

Serve with lemon-chive mayonnaise.**

**Lemon Chive Mayonnaise

Ingredients:Makes about 1 cup

1 cup Mayonnaise
1 Juice of lemon
1 Zest of lemon
1-2 Tbls Chives, chopped (or green onions)

Procedure:

Mix all together for serving.

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