



PanSeared Lemon Tilapia with Parmesan Pasta

Savannah · 30/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

2

Description

This fish pasta recipe features citrusy tilapia served with a light cheesy pasta

Ingredients

— - 4 ounces elbow macaroni - 1 tablespoon light olive oil - ¼ cup freshly grated Parmesan cheese - 1 teaspoon lemon juice - 1 pinch garlic powder - 1 pinch dried basil - 1 pinch dried oregano - 1 pinch dried cilantro (Optional) - salt and ground black pepper to taste - 2 tablespoons light olive oil - 2 tilapia fillets - 1 tablespoon lemon juice - ? teaspoon dried oregano - 1 pinch dried basil - 1 pinch dried cilantro (Optional) - salt and ground black pepper to taste

Instructions

1. Start the pasta: Bring a saucepan of lightly salted water to a boil over medium heat. Stir in macaroni and return to a boil. Cook
2. stirring occasionally
3. until tender yet firm to the bite
4. about 8 minutes. While the pasta is cooking
5. make the fish: Heat olive oil in a large skillet over medium heat. Sprinkle tilapia on both sides with lemon juice
6. oregano
7. basil
8. cilantro
9. salt
10. and pepper. Place fillets into the hot skillet making sure they don't touch. Sear until golden brown on the outside and opaque and flaky on the inside
11. 2 to 4 minutes per side. Remove to a plate. Finish the pasta: Drain the macaroni and return to the saucepan. Add olive oil and stir to coat. Mix in Parmesan cheese
12. then mix in lemon juice
13. garlic powder
14. basil
15. oregano
16. cilantro
17. salt
18. and pepper. Divide pasta between two plates and top each with a tilapia fillet.