



Tilapia Feta Florentine

Savannah · 30/09/2024



Prep Time

55 mins

Difficult

Medium

Servings

4

Description

Very clean fresh and satisfying Mediterranean dish

Ingredients

- - 2 teaspoons olive oil - $\frac{1}{4}$ cup chopped onion - 1 clove garlic
- minced - 2 (9 ounce) bags fresh spinach - $\frac{1}{4}$ cup sliced kalamata olives - 2 tablespoons crumbled feta cheese - $\frac{1}{2}$ teaspoon grated lemon rind - $\frac{1}{2}$ teaspoon salt - $\frac{1}{4}$ teaspoon dried oregano - ? teaspoon white pepper - 1 pound tilapia fillets - 2 tablespoons butter
- melted - 2 teaspoons lemon juice - 1 pinch paprika
- or to taste

Instructions

1. Preheat oven to 400 degrees F (200 degrees C). Heat olive oil in a large skillet over medium heat; cook and stir onion and garlic in the hot oil until onion is soft
2. about 5 minutes. Add spinach to skillet; cook and stir until spinach is wilted and cooked down
3. 5 more minutes. Stir olives
4. feta cheese
5. lemon rind
6. salt
7. oregano
8. and white pepper into spinach. Cook until feta cheese has melted and flavors have blended
9. about 5 more minutes. Spread spinach mixture into a 9x13-inch baking dish. Arrange tilapia fillets over spinach mixture. Mix butter and lemon juice in a small bowl and drizzle over fish; sprinkle with paprika. Bake fish in the preheated oven until the flesh is opaque and flakes easily
10. 20 to 25 minutes. Cook's Note: Doubling the recipe serves 6 to 8 comfortably and bakes in a 9x13-inch glass baking dish perfectly. These amounts work for 3 or 4 pieces of fish. The spinach really cooks down.