



PanFried Tilapia Sandwich

Savannah · 30/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

2

Description

This tilapia sandwich features buttery panfried fish seasoned with Old Bay seasoning and garlic. It's set atop toasted multigrain bread with melted pepper Jack cheese and a sauce of mayo, dill, relish, red onions, tomato, and a piri piri kick.

Ingredients

- - ½ cup finely chopped tomato - ¼ cup mayonnaise - ¼ cup minced red onion - 2 tablespoons dill pickle relish - ½ teaspoon ground piri piri chile pepper - salt and ground black pepper to taste - 2 (4 ounce) fillets tilapia fillets - 1 teaspoon seafood seasoning (such as Old Bay®) - ½ teaspoon garlic powder - 2 tablespoons butter - 4 slices pepper Jack cheese - 4 slices whole wheat bread
- toasted

Instructions

1. Stir tomato
2. mayonnaise
3. red onion
4. relish
5. and piri piri together in a small bowl. Season to taste with salt and pepper. Season tilapia on both sides with seafood seasoning and garlic powder. Melt butter in a skillet over medium heat. Add seasoned tilapia and cook until golden brown and fish flakes easily with a fork
6. 2 to 3 minutes per side. Place two slices of pepper Jack on top of each fillet
7. cover the skillet
8. and cook until cheese melts
9. 1 to 2 minutes. Transfer each tilapia fillet to a slice of toasted bread. Spread with mayonnaise sauce and top with remaining bread. Tips If you can't find piri piri
10. use cayenne pepper instead.