



Hispanic Tilapia and Rice Bowl

Savannah · 30/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

4

Description

A quick and easy dish that comes alive on those busy days

Ingredients

- - 4 (4 ounce) tilapia fillets - 1 tablespoon vegetable oil - 1 (15 ounce) can reduced-sodium black beans
- rinsed and drained - 1 (15.25 ounce) can no-salt-added whole-kernel corn
- drained - 1 $\frac{3}{4}$ cups water - 2 tablespoons medium chunky salsa - $\frac{1}{4}$ teaspoon cumin - $\frac{1}{4}$ teaspoon chili powder - 1 (5.4 ounce) package Knorr® Fiesta Sides™ - Yellow Rice - Salt and pepper to taste

Instructions

1. Pat tilapia filets dry with paper towels and season both sides with salt and pepper. In large skillet
2. heat oil and add tilapia filets. Cook until fish releases easily with a spatula; flip and cook until fish is cooked through and flakes easily with a fork
3. 5 to 8 minutes. Remove from skillet and set aside
4. tenting loosely with foil to keep warm. Add beans
5. corn
6. water
7. salsa
8. cumin
9. chili powder and contents of rice package to skillet
10. stir well. Bring to a boil
11. cover and reduce heat. Simmer until water has been absorbed and rice is tender
12. about 7 minutes. Place rice in a serving dish and top with fish. Serve immediately. Cook's Note: The heat of this dish can be altered easily by adding or decreasing the salsa (mild
13. medium or hot) and garnishing with jalapeno or chili pepper slices.