



Recipe Name: TILAPIA FILLETS WITH PAPRIKA-CREAM SAUCE

Serves: 4

Ingredients:

4	Tilapia fillets
3	Bell peppers (red or yellow)
½	Sweet onion
½ cup	Cream
1 Tsp.	Paprika powder
2 Tbsp.	Wheat flour
2 Tbsp.	Oil
	Salt
	Pepper

Steps to follow:

Rinse the Tilapia fillets under cold water and dry with a paper kitchen towel. Then turn the fillets in wheat flour until they are covered with a thin layer of flour. Roast the flour covered fillets in a pan with oil at medium heat until they are golden-brown and season with salt and pepper. Lift the fillets out of the pan and keep warm.

Peel and dice the onion, wash, clean and dice the bell peppers. Put the diced bell peppers and onion into the empty pan and sauté for 5-10 minutes until they have softened. Fill in the cream into the pan and season with salt and pepper and the paprika powder stir and heat for another few minutes. Put the roasted Tilapia fillets on a plate and pour over the Paprika-cream sauce. Serve with pasta or rice.