

Pan-Fried Tilapia

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 2 servings

Ingredients:

2 8-ounce tilapia fillets

1/2 pound fresh shiitake mushrooms, sliced thinly

3 stalks scallions, sliced thinly

1 teaspoon fresh sage (optional)

1 teaspoon grated lemon peel

5 teaspoons olive oil

salt and pepper to taste

Directions:

1. In a skillet, heat oil and sage and cook fish 2-3 minutes on each side. Remove from pan.
2. Add shiitake mushrooms.
3. Cook for another 2 or 3 minutes.
4. Remove from heat, place mushrooms over fillets and sprinkle with lemon peel.
5. Garnish with scallions. Serve and enjoy!