

Crispy Tilapia Fillets with Fennel-Mint Tzatziki

Adapted from *Bon Appetit*, Jan. 2011



FENNEL TZATZIKI SAUCE:

- 1/2 cup fennel bulb, finely diced
- 3/4 cup Greek yogurt, full-fat, whole milk
- 2 tablespoons chopped fresh mint
- 1 teaspoon white balsamic vinegar
- 2 teaspoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil, divided
- Freshly ground black pepper to taste

TILAPIA:

- 24 ounces tilapia fillets
- 1 teaspoon fennel seeds, finely ground
- 1 large egg white, beaten until frothy
- 1 cup panko, or fresh bread crumbs
- 3 tablespoons extra virgin olive oil
- 1/2 teaspoon lemon zest

Serving Ideas: This makes a very attractive entree with a vegetable and rice. Or, it can be served with a big green salad. If you have extra sauce left over, serve it on grilled chicken marinated in lemon juice.

Servings: 4

1. Place fennel bulb and fronds in small bowl. Sprinkle lightly with salt; toss. Let stand 10 minutes. Mix in yogurt, mint, vinegar, lemon juice and oil. Season with pepper.
2. Sprinkle one side of each fillet with ground fennel, salt, and pepper. Whisk the egg white until frothy, then brush both sides of fish with egg white; coat with panko or bread crumbs. Turn over; repeat with seasoning, egg white, and panko.
3. Heat 3 tablespoons oil in large nonstick skillet over medium-high heat. Add fish. Cook until opaque in center, about 2 minutes per side. Fish will take on a nice dark golden hue. Serve with tzatziki and sprinkle fresh mint on top with lemon zest.

Per Serving (excluding unknown items): 456 Calories; 25g Fat (47.2% calories from fat); 47g Protein; 14g Carbohydrate; 1g Dietary Fiber; 109mg Cholesterol; 188mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>