

# BLACKENED TILAPIA SALAD

With herbs and lettuce



## Time

20 minutes

## Serves

2

## Calories (per serving)

127

## Carbs (per serving)

9g

## Fat (per serving)

2g

## Protein (per serving)

21g

## Ingredients

### BLACKENED TILAPIA

- 7 oz tilapia fillets (200g)
- 1 1/2 tbsp paprika
- 1 tsp salt
- 1/2 tbsp onion powder
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper
- 1/2 tsp thyme
- 1/2 tsp oregano
- 1/4 tsp garlic powder

### SALAD

- 1/2 cup iceberg lettuce chopped
- 1 1/2 cups romaine lettuce chopped
- 1/2 cup radicchio chopped
- 1 tbsp cilantro freshly chopped
- 1 1/2 tsp lime juice
- 1/4 tsp salt
- 1/2 tsp black pepper

## Method

Preheat oven to 425 degrees F (220 degrees c). Line a rimmed baking sheet with parchment paper.

In a small bowl, stir spices for the blackened tilapia. Rinse and pat dry tilapia filets. Cover the fillets with spices, rubbing in on both sides.

Place the fillets on the lined baking sheet.

Bake for 10-12 minutes, until cooked through, brown and flaky. Remove from oven. Set aside.

In a large bowl, toss together ingredients for the salad. Divide salad between two bowls. Top each with a tilapia filet. Serve.

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Recipe modified from [www.hcgchicarecipes.com](http://www.hcgchicarecipes.com)