

Tilapia And Asparagus

Prep Time: 5 Min **Cook Time:** 10 Min **Total Time:** 15 Min
Serves 1

Ingredients

100g of Tilapia

Juice of 1/2 lemon

A few dashes of dill

100g+ asparagus

1/2 cup Chicken broth

Instructions

- 1 Place the Tilapia in a non-stick pan
- 2 Squeeze the juice of 1/2 a lemon and sprinkle a few dashes of dill onto the fish
- 3 Add a little water so it poaches the fish and stays moist
- 4 Cook for a few minutes with lid on pan
- 5 Place 100g+ of Asparagus into another shallow pan with a lid
- 6 Cover and boil until tender in organic or homemade chicken broth

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