

Roasted Tilapia with Cruditee and Spiced Cucumber Sauce
(serves 4)

4 Tilapia filets
1 1/2 T olive oil
1tsp. ground coriander
1 C fresh snow or snap peas sliced thin
1 C fresh endive sliced thin
2 C fresh spinach chopped
1 C thinly sliced white mushroom
Juice of 1/2 lemon
S and P to taste

For Sauce:

1 C water
1 cucumber roughly chopped
1 bunch fresh parsley
2 C fresh spinach
2 T grain mustard
1 tsp. Tabasco (optional)
Juice of 1/2 lemon

1. Season tilapia with salt, pepper, and ground coriander. Heat a medium size pan on high with olive oil. Add seasoned tilapia and cook for 3 minutes. Turn heat off and squeeze fresh lemon juice over the top and flip the tilapia. Let the fish rest in pan.
2. Toss cruditee (raw vegetables) together with salt, pepper, and a 1/2 T of olive oil.
3. Add components for sauce to a blender and puree on high until liquid and well pureed. Bring sauce to a simmer on stove and TASTE.
4. Place sauce, cruditee and then fish on plate.