

Easy dinner!

Tilapia has the unfortunate reputation of being dull. You could also use this rub on chicken breasts or toss it with lightly oiled shrimp before cooking.

Spicy Tilapia With Asparagus



Makes 4 servings.

- 3 pounds asparagus, tough ends bent off, cut into 2" pieces
- 2 tablespoons chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt, divided
- 1 pound fish, tilapia, Pacific sole, or other firm white-fish fillet. *Or even shrimp or chicken.*
- 2 tablespoons extra-virgin olive oil
- 4 tablespoons lemon juice
- 20-24 small cherry tomatoes
- Olives are optional
- Cauliflower Rice (Either frozen from store or fresh from our VEGGIE recipe page.)

Preparation

1. Bring an inch of water to a boil in a large saucepan. Put asparagus in a steamer basket, place in the pan, cover, and steam until tender-crisp, about 4 minutes. Transfer to a large plate, spreading out to cool.
2. Combine chili powder, garlic powder, and 1/4 teaspoon salt on a plate. Dredge fillets in the spice mixture to coat. Heat oil in a large nonstick skillet over medium-high heat. Add the fish and cook until just opaque in the center, gently turning halfway, 5 to 7 minutes total.
3. Prepare cauliflower rice.
4. Divide among 4 plates. Immediately add lemon juice, the remaining 1/4 teaspoon salt, and asparagus to the pan and cook, stirring constantly, until the asparagus is coated and heated through, about 1 minutes.
5. Add cherry tomatoes and optional olives and cook another 1 minute, stirring constantly.
6. Serve the fish, asparagus & tomatoes on top of cauliflower rice.