

Crispy Hummus Tilapia

Servings: 1

INGREDIENTS

- 6 oz tilapia
- 2 oz Chef's Line™ Hummus
- 3 oz Monarch® Japanese panko breadcrumbs
- 1 oz olive oil, canola oil blend
- 4 oz tzaziki sauce

PREPARATION

Pat tilapia dry. Season with salt and pepper.

Carefully spread the hummus to coat the fish entirely. Dredge into the panko crumbs to coat.

Gently sauté in oil on both sides and finish in 350°F oven. Spoon tzaziki onto plate and place cooked tilapia offset over the sauce.

