

INGREDIENTS:

- 4 (4 ounce) Tilapia fillets
- 1 TBSP Cajun seasoning
- 1 lemon thinly sliced
- 1/4 C mayonnaise
- 1/2 C sour cream
- 1/8 TSP garlic powder
- 1 TSP lemon juice
- 2 TBSP chopped fresh dill

Baked Tilapia with Dill Sauce



1. Heat oven 350 degrees. Lightly grease a 9x13 inch baking dish.
2. Season the fillets with salt/pepper and cajun seasoning on both sides. Arrange fillets in single layer in baking dish. Place a layer of lemon slices over fillets.
3. Bake uncovered for 15-20 minutes or until fish flakes easily with fork.
4. While fish is baking, mix together the mayonnaise, sour cream, garlic powder, lemon juice and dill in small bowl. Serve with

Thai Monkfish Curry



INGREDIENTS:

- 1 TBSP peanut oil
- 1/2 sweet onion, finely chopped
- 1 red bell pepper chopped
- 3 TBSP red Thai curry paste
- 1 (14 oz) can coconut milk
- 12 ounces Monkfish, cut cubes
- 1 TBSP fish sauce
- 2 TBSP lime juice



- ♦ Heat peanut oil in large sauce pan over medium heat. Stir in chopped onion, and cook until softened and translucent, 3-5 minutes.
- ♦ Stir in curry paste and cook for 1 minute. Pour in coconut milk and slowly bring to simmer.
- ♦ Stir in cubed fish, simmer 7-10 minutes or until fish is firm and the center is no longer opaque. Stir in fish sauce, lime juice, and cilantro before service.