

# Congolese Pan-Seared Tilapia

From *Cooking for Life: Recipes from around the World*

by the English Language Program of the International Institute of Minnesota

*Tilapia is of major importance in Africa as both a food source and a means of income. Because of this, there are many recipes for this tasty white fish. While this dish is traditionally grilled, our version has been modified to be made indoors, making it more accessible in Minnesota's cold weather climate.*

## Ingredients

- 4 large tilapia fillets
- 2 garlic cloves, minced
- 1/2 bunch cilantro, minced
- 1/4 cup oil
- 1 chicken bouillon cube
- 1/4 teaspoon salt
- a pinch of nutmeg (optional)

### Garnish:

- 1 onion, sliced
- cilantro
- mayonnaise



## Directions

1. In a food processor, blend the garlic, cilantro, bouillon cube, salt, nutmeg and oil.
2. Use gloves to rub the mix onto the fillets.
3. Let rest for 30 minutes.
4. Add a little oil to a heavy-bottomed pan. Heat to medium-high.
5. Fry the fillets for 3 minutes on each side.
6. Serve topped with sliced onion, cilantro and drizzled mayonnaise.



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