



Pan-Seared Five-Spice Tilapia

INGREDIENTS:

Tilapia:

½ t	Chinese Five-Spice Powder
¼ t	salt
¼ t	cayenne pepper
3 T	olive oil, divided
1 lb	tilapia fillets (4-6)
2 T	sliced scallions

Hot Orange – Ginger Sauce:

¼ c	orange marmalade
¼ c	fresh orange juice
2 T	rice vinegar
1 T	minced fresh gingerroot
½ t	red pepper flakes
1 t	minced garlic
1 T	olive oil

Salt to taste

PREPARATION:

- Mix five-spice powder, salt, and cayenne pepper with 2 T oil in a small bowl.
- Pat fillets dry; brush both sides with spice mixture.
- Heat remaining 1 T oil in a large nonstick skillet over medium-high heat until skillet is lightly smoking.
- Add fillets; sauté 3 minutes on each side.
- Sprinkle with scallions.
- Serve with Hot Orange-Ginger Sauce.

Hot Orange-Ginger Sauce:

- Whisk marmalade, orange juice, vinegar, gingerroot, and pepper flakes together in small bowl.
- Sauté garlic in saucepan with oil over medium-high heat for 30 seconds.

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- Add marmalade mixture and simmer, stirring continuously, until sauce thickens, about 5 minutes.
- Season with salt.

Tilapia:

4 servings

Calories per serving: 201

Fat grams per serving: 13

Hot-Orange Ginger Sauce:

Yield: 1/3 cup

Serving size: 1 ¼ Tablespoon

Calories per serving: 92

Fat grams per serving: 4

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