

# Hot Mama Tilapia

Hot Mama Tilapia:

4 Tilapia filets

1 tbs. olive oil

2 Jalapenos

1 tsp Cumin

1 Lime

1/2 Red onion

1 tsp Garlic

1 tsp Black Pepper

Avocado Sauce:

1 ripe Avocado

1 tsp crushed garlic

1 TBS diced red onion

Veggie broth

Cauliflower Mashers:

1 head of white Cauliflower

sea salt to taste

black pepper to taste

1 tsp crushed garlic

1/2 jalapeno de-seeded

### Hot Mama Tilapia:

Pat each Tilapia fillet with a paper towel to make sure the fish is as dry as possible. Dice up the jalapeno and onion and set aside. Heat the olive oil in a large pan. When the oil is hot add the garlic, red onion, and jalapenos. Cook for about 1 minute just enough to really let the garlic open up but not burn. Add in the Tilapia and spritz each fillet with the limes juice. Dust each fillet with the cumin, pepper and garlic. Flip the tilapia over and spritz with the lime and dust with more of the spices. It is ok if the red onion mixture is in the way of the fish touching the pan this will actually help with the flavor of the fish. Cook the fish all the way through and plate. This should only take about 5-8 minutes. Sprinkle each fillet with the left over ingredients in the pan.

### Avocado Sauce:

In a small food processor puree the ripe avocado, garlic, onion, and about 1 tbs of veggie broth until creamy. Add more veggie broth as needed to reach desired consistency. Drizzle over plated tilapia.

### Cauliflower Mashers:

Boil enough water to submerge cauliflower in a large pot. Cut off stems of cauliflower and discard. Add the tops of the cauliflower to the boiling water and cook until the cauliflower is soft. (You want to be able to stab the cauliflower with a fork easily) Don't over cook or it will just disintegrate.

Pat dry the cauliflower and place it in a large food processor. Add all the additional ingredients and puree until you reach a similar consistency to mashed potatoes. This is normally when I would tell you to add Asiago cheese but I will have skinny knees so I'm not going to. If you have skinny knees than I suggest adding about 1 cup of Asiago cheese and mixing it all together.