

Cheddar Cheese Crusted Tilapia with Creamy Avocado Topping

You will love this simple and exciting flair to this mild tasting fish. The lightly spiced fish is sautéed, topped with melted cheddar cheese and served with a tasty creamy avocado topping. Tilapia is quick to prepare and a healthy seafood choice. This recipe doesn't require exact measurements. The amounts and measurements are a guide of basic rules to follow. You can use your desired amount of fish (about 1-2 fillets per person) and adjust the seasoning and ingredient amounts to your liking.

Ingredients

Skinless boneless tilapia fillets
Coarsely shredded Medium Cheddar Cheese
Sea Salt
Freshly Ground Black Pepper
Cayenne Pepper
Lime Wedges
Extra Virgin Olive Oil
Cilantro sprigs for garnish

Creamy Avocado Topping

1 teaspoon finely minced garlic
2 tablespoons finely chopped cilantro
1 ½ teaspoons finely minced serrano pepper or other hot pepper (about 1 pepper)
¼ cup finely chopped green onions (about 2 onions)
¼ cup finely chopped red bell pepper
5 large ripe Haas avocados, halved, and seeded
2 tablespoons extra virgin olive oil
4 tablespoons fresh lime juice (about 2 large limes)
Sea salt and fresh ground black pepper to taste

Hot sauce of your choice

Serve with Mexican Rice

Preparation

Place garlic, cilantro, and serrano pepper in a medium mixing bowl. Scoop avocados out of their peels and add to the bowl. Using a potato masher or two forks mash the avocados, add extra virgin olive oil and mash and stir until mixture is very smooth. Add green onion, bell pepper and lime juice, lightly mix and season with sea salt and fresh ground black pepper to taste. Cover with plastic wrap and refrigerate until ready to use.

Pat tilapia fillets dry with paper towel. Lightly season all sides with sea salt, fresh ground black pepper and cayenne pepper.

Heat large scan pan or other non-stick large skillet on medium-high heat. Coat the pan with a thin layer of extra virgin olive oil. Add fillets without overcrowding pan (if needed work in batches) cook for 5 minutes or until bottoms are lightly browned, gently flip the fillets then squeeze lime juice over tops and evenly sprinkle with cheddar cheese. Lower heat and cook 3 minutes longer or until cooked thru. Repeat processes if working in batches and add additional olive oil if needed. Remove from heat and plate each fillet with one scoop of avocado topping, a cilantro sprig and serve with a side of Mexican rice. Serve with hot sauce of your liking and use additional avocado topping to serve with tortilla chips.