



Pili Nut-Crusted Tilapia Fillet

INGREDIENTS

1 pack of 250g *SEAKING Tilapia Fillet Unseasoned*
1/2 cup raw pili nuts, roasted and chopped
1/4 cup homemade breadcrumbs
1 tablespoon all-purpose flour
1 tablespoon cilantro leaves (wansoy), chopped
1/4 cup butter, softened
sea salt, white pepper, and chili flakes, to taste
juice from 8 pieces calamansi
vegetable oil for greasing baking dish
4 tablespoons fresh coconut milk
assorted steamed or blanched vegetables, to serve

COOKING PROCEDURE

Preheat oven to 425°F.

In a medium bowl, stir together nuts, breadcrumbs, flour, cilantro, and butter. Set aside.

Place fish in a shallow dish. Season with salt, white pepper, and chili flakes and drizzle with *calamansi* juice on both sides; rest for 10 minutes, turning them once.

Brush an oven-proof dish with vegetable oil. Arrange the tilapia on the dish and bake for 5 minutes.

Remove from the oven and brush each fillet with 1 tablespoon coconut milk.

Divide nut mixture into four and spread on top of the fillets, patting the mixture to adhere on the fish.

Return to the oven and bake for 5 to 10 minutes, or until the crust is golden brown.

Transfer to a serving platter and serve with assorted steamed or blanched vegetables, if desired.

[Source: Yummy Ph]