

Tilapia Veracruzana

with Yellow Rice

Veracruz is a coastal Mexican state with a unique culinary style. The flavors and ingredients of traditional Mexican cooking were fused with the spices and grains introduced from Spain in the early 1500's. Since the state spans the coast, fresh seafood is a signature of the region's recipes.



Ingredients

- 12 Castelvetrano Olives with pits
- 3 Cloves Garlic
- 1 Bunch Fresh Oregano
- 1 Jalapeño
- 1 Lime
- 1 Yellow Onion
- 1 Teaspoon Ground Turmeric
- $\frac{3}{4}$ Cup White Basmati Rice
- 1 15-Ounce Can Diced Tomatoes
- 1 Fresh Bay Leaf
- $\frac{1}{4}$ Teaspoon Cinnamon
- 2 Tilapia Fillets

Makes 2 Servings
About 500 Calories Per Serving

Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Using the side of your knife, smash the olives; remove and discard the pits, then finely chop the olives. Peel and mince the garlic. Remove the seeds and ribs of the jalapeño, then small dice. Using a peeler, remove the green rind of the lime, avoiding the white pith; mince the peel to get 2 teaspoons of lime zest. Cut the lime into quarters. Peel and small dice the onion. Pick the oregano leaves off the stems; discard the stems.



Start the rice:

In a small pot, heat 2 teaspoons of olive oil on medium until hot. Add **half of the onion** and **half of the garlic** and cook 3 to 4 minutes, or until softened and fragrant, stirring frequently. Stir in the **turmeric** and cook 30 seconds to 1 minute, or until toasted and well combined.



Cook the rice:

To the same pot, add the **basmati rice**, a **big pinch of salt** and **1½ cups of water**. Increase the heat to high and bring to a boil. Once boiling, reduce the heat to low, cover and cook 14 to 16 minutes, or until all of the water is absorbed. Remove from heat and stir in **the juice of 2 lime wedges**. Season with salt and pepper to taste.



Make the tomato sauce:

While the rice cooks, in a medium pot, heat 2 teaspoons of olive oil on medium until hot. Add the **jalapeño**, **remaining onion** and **remaining garlic**. Cook, stirring frequently, 3 to 4 minutes, or until the onion has softened. Add the **tomatoes**, **lime zest**, **cinnamon**, **bay leaf** and **1 cup of water**. Stir to incorporate. Season with salt and pepper to and cook 8 to 10 minutes, or until slightly reduced in volume.



Cook the fish:

While the sauce cooks, pat the **tilapia fillets** dry and season with salt and pepper on both sides. In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the tilapia and cook 4 to 6 minutes per side, or until golden brown and cooked through.



Add the tomato sauce:

Reduce the heat under the fish to medium and add the **tomato sauce** and **all but a pinch of both the olives and oregano** (save the rest for garnish) to the pan. Frequently spooning the sauce over the fish, cook 1 to 2 minutes, or until the sauce is slightly reduced in volume and the fish is cooked through. Remove from heat and discard the bay leaf. To plate your dish, divide the rice between 2 plates and top with the **tilapia and tomato sauce**. Garnish with the **remaining olives, oregano and lime wedges**. Enjoy!