

Tropical Tilapia

5 or 6 Tilapia fillets
2-1/2 T Olive Oil (regular or Blood Orange)
1/2 t Thyme
1/2 t Allspice, ground
1/2 t Cumin seeds, ground
1 t Smoked Paprika
1/2 Onion, sliced
2 cloves garlic, sliced
1 red bell pepper, 1-inch pieces
1 T flour
1 C vegetable broth
1 orange, cut in half, slice one half
Salt and pepper, to taste

Grind spices and use half the mixture to season the tilapia fillets well, along with salt, pepper and a drizzle of olive oil, on one side. Chop garlic, onions and red pepper and set aside. Heat a pan, with the remaining olive oil, (nonstick makes it easy) to medium high (not too high or the spices will burn!). When heated, place the fillets seasoned side down in the pan. Season the other side of the fillets as they sear, 2-3 minutes. Gently flip them over for another 2 minutes, then remove them from the pan.

Turn heat down to medium, and add the garlic, onion and red pepper to the same pan. Saute for 3-4 minutes. (Add a bit more olive oil if the pan seems dry) Sprinkle the flour over the vegetables and saute for one more minute. Add in the juice from the orange and the broth. Stir well. Season with salt and pepper.

Place the browned fillets gently back into the pan, nestled among the sauce and vegetables. Place a few slices of orange over.

Turn heat to low, cover and simmer for approx. 5-6 minutes.