

AQUAPONICS TILAPIA

Aquaponics Salad, Tomatoes, Sauce à la Meunière

(Serves 2) EASY ★★☆☆ TIME: 30mins



INGREDIENTS

Aquaponics Tilapia Fillets	2 pcs
Aquaponics Salad	100gm
Cherry Tomatoes, cut in halves	10 pcs
Olive Oil	3 tbsp
Italian Parsley, chopped	10gm
Capers, chopped	20gm
Lemon	2 pcs
Shallots, chopped	30gm
Black Olives, chopped	15gm
Sea Salt, to taste	

METHOD

1. Preheat oven to 160°C.
2. Cut lemon in segments and reserve juice for sauce & salad dressing. Keep lemon rind and chop with capers, parsley, shallots and olives.
3. On a baking tray, season the tilapia with salt, pepper, olive oil. Bake in the oven for 8 minutes.
4. Cut tomatoes into halves and toss in salad with olive oil, lemon juice and salt.
5. Mix in the chopped capers, parsley, shallots, olives, lemon segments and rind.
6. Arrange salad & tomatoes on plate, then place baked tilapia fillet on top. Dress it with sauce & serve.

*Fresh from our
Farm to your Home*

The accompanying salad is 100% grown and harvested at the hotel's Aquaponics Farm on Level 5. Enjoy the freshest produce, in the most sustainable way possible.

SCAN TO VIEW
 RECIPES AND
 IMAGES ONLINE!

