



## Thai Coconut Curry Tilapia

Makes 4 servings

### WHAT YOU WILL NEED

- |   |  |             |                                    |
|---|--|-------------|------------------------------------|
| 4 | tilapia fillets                                      |             |                                    |
| 1 | teaspoon dark sesame oil,<br>divided into ½ teaspoon | ½           | teaspoon ground cumin              |
| 2 | teaspoons fresh ginger, minced                       | 4           | teaspoons low-sodium soy sauce     |
| 2 | garlic cloves, minced                                | 1           | tablespoon brown sugar             |
| 1 | cup red bell pepper, chopped                         | 1           | (14-ounce) can lite coconut milk   |
| 1 | cup green onions, chopped                            | 2           | tablespoons chopped fresh cilantro |
| 1 | teaspoon curry powder                                | Best Choice | cooking spray                      |
| 2 | teaspoons red curry paste                            | 3           | cups hot cooked basmati rice       |

### HOW TO PREP

Turn broiler on high. Heat ½ teaspoon oil in a large nonstick skillet with the ginger, garlic, pepper and onions; cook for 2 minutes. Stir in curry powder, curry paste, and cumin and cook for 1 minute. Add soy sauce, sugar, and coconut milk and bring to a simmer until ready to serve. Do not allow the sauce to boil! When ready, remove from heat and stir in cilantro.

Meanwhile, brush the fish with the other ½ teaspoon oil. Place fish on a baking sheet coated with cooking spray. Broil 5 minutes and then flip the fish and cook another 5 minutes. The fish should flake easily with a fork. Serve fish over rice, topped with curry sauce.



**Rouses Dietitian Recommends**

**NUTRITION FACTS:** 348 Calories; 11 g fat (8 g Saturated, 1 g Polyunsaturated); 63 mg cholesterol; 359 mg Sodium; 82 mg Potassium; 30 g Carbohydrate (2 g fiber, 6 g sugar); 28 g Protein

Tags: *Diabetes Friendly*

