FLEURISH / DOCTOR'S KITCHEN

Tilapia & salsa verde

with warm charro beans

Golden fish, tangy salsa and warm beans make an easy dinner plate.



Serves 4 | **Prep 10 min** | **Cook 10-12 min** | **About 25 min total**

INGREDIENTS

- ☐ 4 tilapia fillets, 5 to 6 oz each (about 1 1/2 lb total)
- ☐ 1/2 tsp kosher salt
- ☐ 1/4 tsp black pepper
- ☐ 1 to 2 limes: 1 tbsp juice for fish, remaining lime in wedges
- ☐ 1 tbsp neutral or olive oil
- ☐ 1 cup salsa verde (jarred is fine)
- ☐ 2 cans charro or pinto beans (15 oz each), about 3 cups
- ☐ 1/4 cup chopped cilantro leaves and tender stems

LET'S COOK

☐ **1. Prepare**

Thaw fish in the fridge if frozen; pat dry. Rub with oil, salt and pepper. Chop cilantro and cut lime wedges.

☐ **2. Warm the beans**

Do not drain beans. Warm over medium-low heat for 8 to 10 minutes, stirring. Add a splash of water if thick; keep warm.

☐ **3. Cook the fish**

Heat a skillet over medium-high for 2 to 3 minutes. Add lime juice to fish just before cooking. Cook 3 to 4 minutes; turn gently and cook 2 to 3 minutes more. Or use a medium-high grill with an oiled fish basket or foil.

☐ **4. Check and serve**

Fish should be opaque and flake easily; the thickest part must reach 145 F, away from the pan. Serve each fillet with 1/4 cup salsa, about 3/4 cup beans, cilantro and lime.

Wash hands after raw fish. Refrigerate fish and beans separately within 2 hours; eat within 3 to 4 days and reheat until hot throughout.