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Cooking Time: 15 min

Level: Easy

Serving: 2-4

Pan Seared Tilapia

Ingredients

- One package of Hilltop Foods “Fish and Seafood Fry Mix”
- 4 to 8 pieces of tilapia fillets
- ½ Cup of Milk or Water
- All seasoning is included in Hilltop Foods “Fish and Seafood Fry Mix” Products.

Instructions

1. Wash the fish in cold water and Shake off the excess water.
2. In a shallow bowl pour one package of “Fish and Seafood Fry Mix” 10 OZ.
3. Moisten Fish with Water or Milk before placing into the “Fish and Seafood Fry Mix”
4. Place one fish at a time in the Dry Mixture “Fish and Seafood Fry Mix” and make sure the fish is well coated.
5. Let the seasoned fish to set for 5 minutes.
6. Heat oil in Frying pan to 350 –F (Use Corn oil or Vegetable oil with low cholesterols).
7. Place one fish at a time in the cooking pan, up to 3 PCS at one time.
8. Fry the Fish and make sure it is golden color on each side until cooked properly.
9. Repeat Step 3 thru 7 for more fish to meet your serving needs.
10. ***Serve and enjoy.***