



## SPICY TILAPIA W/PINEAPPLE-PEPPER RELISH

Advanced Lifestyle

### INGREDIENTS

#### For the Relish:

2 ½ cups fresh pineapple chunks  
1/2 cup red onion, chopped  
1/2 cup tomato, chopped  
1 small jalapeño pepper, seeded and chopped  
1 TBS fresh cilantro, chopped  
2 TBS rice vinegar

#### For the Tilapia:

4 (6 oz.) Tilapia fillets  
2 TSP canola oil  
1 TSP Cajun seasoning  
1/4 TSP red pepper flakes  
1/4 TSP kosher salt  
4 Lime wedges (for serving)

### INSTRUCTIONS

—Prepare the Relish: Combine the chopped pineapple, onion, tomato, jalapeño, cilantro, and rice vinegar in a bowl. Stir gently and set aside.

—Season the Fish: Combine Cajun seasoning, red pepper flakes, and salt in a small bowl. Sprinkle this mixture evenly over both sides of the tilapia fillets.

—Cook the Tilapia: Heat the oil in a large nonstick skillet over medium-high heat. Add the fillets and cook for about 2 minutes on each side, or until the fish is cooked through and flakes easily with a fork.

—Serve: Plate the fish immediately, topping with the pineapple-pepper relish, and serve with lime wedges.

#### **SERVING INFO:** (Serves 4)

1 fillet + 1/2 cup relish + 1 lime wedge = 1 P, 1 V, 1 FR

See recipe photo at [Instagram](#) and [Facebook](#).