



Asian Gluten Free Fusion Recipe

Gluten Free Hoisin Glazed Tilapia

Pan seared scallops with gluten free Creole Mango Sauce.



Ingredients: - Single Serving
3 Tbsp. **Classic Hoisin Sauce** (Gluten Free Starport 128)
6 oz. Tilapia fillets (frozen or fresh)
1 Tbsp. Cornstarch, optional
1 Tbsp. Vegetable oil
¼ ea. Red or green jalapeño, sliced thin
1 stalk Green onions, bias cut 1”
1 Tbsp. Green onions, chopped (for garnish)
1 slice Lemon

Instructions:

1. Lightly coat Tilapia with cornstarch and set aside. (The cornstarch adds texture to the Tilapia; however, it is optional. For preparing a large quantity, oil blanch Tilapia in deep fryer at 350F for 45 seconds, then finish on griddle).
2. Heat a pan or griddle on medium high heat, add oil then Tilapia and sauté about 3 minutes.
3. Turn Tilapia over and add in sliced lemon, red or green jalapeño and bias cut green onions.
4. Remove sliced lemon when brown and continue to sauté about 3 minutes, or until Tilapia is done.
5. Add **Classic Hoisin Sauce** to pan but not on top of the Tilapia, remove all ingredients when sauce is hot.
6. Pour some **Classic Hoisin Sauce** on plate and top with Tilapia
7. Garnish with chopped green onions and browned sliced lemon.