

tilapia in lemon caper sauce with leeks

Phase 1 Recipe



SERVES 1 | READY IN 20 MINUTES

Ingredients:

- 2 tsp olive oil
- 2 leeks, green part and tip trimmed off, saving the white part and cutting it in half, cut into 2" pieces
- ¼ tsp salt, divided
- 1 sprig fresh thyme
- 1 portion* tilapia, pat dry with paper towel on both sides
- ½ cup non fat chicken broth
- ½ lemon, juiced and zested
- 1 tbsp capers
- 1 cup arugula (optional)

Heat a non-stick skillet over medium high heat and swirl in olive oil. Add leeks cut side down and season with half of the salt. Add sprig of thyme and allow cut side of leeks to caramelize slightly, about 3-5 minutes, checking periodically to make sure leeks don't burn.

Flip the leeks and push to the side of the skillet. Add tilapia to the skillet, season with remaining salt and sear for 2-3 minutes.

Flip and add chicken broth, lemon juice and zest and capers. Cover skillet and simmer gently for 2-3 minutes or until leeks are tender and tilapia is cooked. If the leeks need more time to cook, gently remove tilapia from pan and cover and simmer leeks until tender.

Serve tilapia and leeks on a bed of arugula.

*US: 1 Portion = 4-6 ounces

*CA: 1 Portion = 8 ounces