

## CASHEW CRUSTED TILAPIA WITH A SWEET CHILI AND ORANGE GLAZE

By Camine Pappas/October, 2013

Prep Time: 10 min. Total Time: 40 minutes.



- 4 fresh tilapia filets, blotted dry
- 1/4 C Girard's Champagne Salad Dressing
- 2 T plus 1/8 Cup Sweet Chili Sauce (I used Trader Joe's brand)
- Juice from one orange
- Orange slices for garnish
- 1/4 t Salt and 1/8 t Pepper
- 2 T thyme leaves and 5 sprigs thyme
- 1/2 C salted cashews, blended to coarse crumbs
- 2 T cashew pieces for garnish



Preheat oven to 400 degrees. Place tilapia filets in a baking dish, with the edges touching but not overlapping. They should all be uniform in thickness.

In another small bowl, add sweet chili sauce and orange juice to champagne dressing, mix with fork to combine. Remove thyme leaves for the garnish and discard the stems. Pulse the cashews in a small food processor until they are coarse crumbs. Now cover filets with sauce, turn over and over again until they are coated. Dust with salt and pepper. Sprinkle the cashew crumbs over the top and place the remaining thyme sprigs, all piled together, on top in the center. Bake uncovered for 15 minutes or until opaque. DO NOT OVER COOK! The fish will cook a bit more when you the dish out. Err on the side of not done.

Serve with green beans and your favorite starch, and garnish with whole cashews, thyme leaves, and extra chili sauce glaze. Arrange orange slices to finish.

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