

Pan Seared Tilapia With Lemon Butter Sauce

Main Dish - Fish

SERVINGS: 2

INGREDIENTS:

2 Tilapia Fillets
1 stick of Butter
2 Lemons
Garlic Olive oil
PyroDust Steak Seasoning
Optional:
Coconut oil or your favorite oil



DIRECTIONS:

Lemon Butter sauce:

Melt 1 stick of butter over low heat. Add 1/3 Cup of a Garlic Olive Oil. Stir in the juice of 2 lemons, and 1 tablespoon of PyroDust Steak Seasoning. Stir while mixture cools to prevent butter solids from separating from the oil.

Tilapia:

Add your favorite oil to a cast iron skillet, enough to coat the bottom, heat until it smokes.

While Cast Iron heats, coat the Tilapia fillets with a generous coating of PyroDust Steak Seasoning.

Cook Tilapia 2 minutes per side, until the flesh is white and flaky be careful not to over cook.

Serve with the Lemon Butter sauce.