

PAN-GRILLED TILAPIA FILETS WITH SMOKED PAPRIKA AND AVOCADO CREAM

(from the Bewitching Kitchen)

for the fish

4 tilapia filets
2 Tbs olive oil
1 tsp smoked paprika
salt and pepper

for the avocado cream

2 small avocados
1/4 cup orange juice
1/4 cup fat free yogurt (or full fat)
1 to 2 tsp freshly grated ginger
salt and pepper
lime juice to taste

Mix the olive oil with the smoked paprika in a small bowl. Lay the filets on parchment paper, season lightly with salt and pepper. Brush both sides with the smoked paprika oil. Heat a grill pan, when hot spray it lightly with oil. Add the filets and cook 2 minutes per side or until done (they should flake easily and have nice grill marks).

For the avocado cream, blend all ingredients except the lime juice in a small food processor or blender, until very smooth. Taste and add lime juice for a nice balance of flavor, as the orange juice tends to make it a little sweet. If you want a more runny consistency, add a little water (or any of the juices according to your taste). Serve cold or even chilled.