

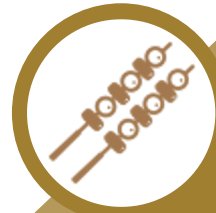
~ Menu Applications ~

Healthy Temptations with Tilapia

There is a common misconception that healthy doesn't taste good. This lean fish with its mild, sweet flavor and a slightly firm, flaky texture has wide appeal and versatility. Regal Springs Tilapia is high in protein, selenium, vitamin B12, niacin and potassium, making it a healthy, yet tasty addition to any menu.

Appetizers

- Looking for a way to add more protein to your menu? Try featuring tilapia in a soup. Tilapia is a great addition to split pea soup and a perfect way to start any meal. Garnish with crusty bread and sour pickles on the side.
- Everything tastes better with bacon! Surprise your residents with these tasty Bacon Tilapia Bites. Simply place bacon pieces on top of tilapia, cut into bite-sized pieces, layer on baking sheet. Bake and serve.
- Impress your residents with Tilapia Phyllo Bites. Place RTS phyllo shells on a baking sheet. Layer on shredded cabbage, carrot, lemon pepper and tarter sauce mixture. Top with tilapia and bake. Garnish with more tartar sauce.



Lunch

- Citrus Tilapia with Mango Purée served with mixed greens is a healthy yet delicious addition to any lunch menu.
- Instead of offering a traditional captain burger, why not try a Blackened Tilapia sandwich with lemon pepper mayo. Serve with potato wedges, sweet potato fries or salad.
- Looking for a protein-rich idea for your Chef's lunch option? Try serving Tilapia with Lemon Sauce and Toasted Almonds. The almonds add extra protein and fibre to this recipe. Serve with any soft roll and/or salad.



Tilapia

Farm-raised, skinless, boneless, versatile, convenient and easy-to-cook.

Product Codes:
3-5oz, 1x10lb - SF03138
5-7oz, 1x10lb - SF01665



Dinner

- Amp up the nutrition with Braised Tilapia, Cabbage and Root Vegetables! This hearty yet nutrient – dense meal idea offers excellent sources of protein, fibre and many vitamins and minerals.
- Did you know that capers are rich in antioxidants? This tangy ingredient is a perfect pairing with the mild taste of Tilapia while offering added health benefits. Serve Tilapia Scaloppini with Capers and Lemon for a flavourful menu choice.
- Baked Tilapia with Creamy Alfredo Shrimp Sauce served over pasta is a tasty addition to any menu. Adding Ocean Jewel's Pacific White Shrimp is an easy way to increase protein and enhance your meal.



See reverse for featured recipes.



~ Recipes ~

BAKED CITRUS TILAPIA WITH A MANGO PURÉE (Serves 25)

4.95 lbs Tilapia fillets, whole, defrosted (90g per portion)
 1/2 cup orange zest (no pith)
 1/2 cup lemon zest (no pith)
FOR THE MANGO PURÉE:
 8 cups Mango, diced, frozen, defrosted
 1/4 cup rice wine vinegar
 2 tbsp green onion, chopped
 2 tbsp salt free and sugar free lemon pepper mix
 1 tbsp black pepper

1. Pre-heat oven to 425°F (218°C).
2. Grease or parchment line baking sheets.
3. Mix orange zest and lemon zest together in a bowl.
4. Sprinkle defrosted tilapia with citrus zest on each side.
5. Cook in the convection oven for 12-15 mins, flipping halfway, until Tilapia reaches internal temperature of 165°F (74°C).
6. In a heavy-bottomed pot over medium heat, add mango, vinegar, green onion and lemon pepper seasoning.
7. Simmer for 15 mins. Once everything has softened, purée until smooth.
8. Serve the cooked citrus tilapia with mango purée.

BLACKENED TILAPIA SANDWICH WITH LEMON PEPPER MAYONNAISE (Serves 25)

4.95 lbs Tilapia fillets, whole, defrosted (90g per portion)
 1/4 cup blackening spice
FOR THE LEMON PEPPER MAYONNAISE:
 3 cups mayonnaise
 2 tbsp dried parsley
 1/4 cup salt free and sugar free lemon pepper mix
 3 cups baby greens
 2 cups roasted red peppers, canned, drained and sliced
 25 buns

1. Pre-heat oven to 425°F (218°C).
2. Grease or parchment line baking sheets.
3. Cook in the convection oven for 12-15 mins, flipping halfway, until Tilapia reaches internal temperature of 165°F (74°C).
4. In a bowl, mix all ingredients for the mayonnaise. Make 30 mins before service.
5. To assemble the sandwich, spread mayonnaise on buns then add blackened Tilapia, baby greens and roasted red peppers.
6. Serve with French fries, potato wedges or salad.



TILAPIA WITH CRISP ALMONDS AND A LEMON SAUCE (Serves 25)

4.95 lbs Tilapia fillets, whole, defrosted (90g per portion)
 8 cups white flour
 2 tbsp black pepper
 1.5 cups almonds, toasted
FOR THE LEMON SAUCE:
 4.75 cups vegetable stock
 3 cups lemon juice
 1/4 cup salt free and sugar free lemon pepper mix
 2 tbsp green onion, chopped fine
 1 tbsp dried parsley
 1/4 cup cornstarch slurry

1. Pre-heat oven to 425°F (218°C).
2. Mix flour and pepper together in a bowl.
3. Grease or parchment line baking sheets.
4. Dredge defrosted Tilapia through flour mixture on each side and place onto baking sheet. Spray the top with cooking spray. Cook in convection oven for 12-15 mins, flipping halfway, until Tilapia reaches internal temperature of 165°F (74°C).
5. In a heavy-bottomed pot, bring the vegetable stock, lemon juice and lemon pepper to a simmer.
6. Add green onion and parsley. Simmer for 5 more mins.
7. Add a quarter of the cornstarch slurry at a time to the liquid, whisking continuously. Once thickened remove and hot hold.
8. At service, top fish with lemon sauce and toasted almonds. Garnish with chopped fresh chives or basil.



TILAPIA SCALOPPINI WITH CAPERS, LEMON AND FRESH PARSLEY (Serves 25)

4.95 lbs Tilapia fillets, whole, defrosted (90g per portion)
 8 cups white flour
 2 tbsp black pepper
FOR THE SAUTÉ:
 4.75 cups white mushrooms, sliced
 3 tbsp canola oil
 3/4 cup baby capers
 1/2 cup lemon juice
 1/4 cup salt free and sugar free onion and garlic mix
 3 tbsp dried chives
 3 tbsp fresh Italian parsley

1. Pre-heat oven to 425°F (218°C).
2. Mix flour and pepper together in a bowl.
3. Grease or parchment line baking sheets.
4. Dredge defrosted Tilapia through flour mixture on each side and place onto baking sheet. Spray the top with cooking spray. Cook in convection oven for 12-15 mins, flipping halfway, until Tilapia reaches internal temperature of 165°F (74°C).
5. In a heavy-bottomed pot, sauté mushrooms with canola oil. Cook for 10-14 mins, stirring regularly. You will want to cook most of the moisture out of the mushrooms.
6. Add capers, lemon juice, onion and garlic mix and chives. Cook for 2 more mins then remove from heat and reserve until service. Add more lemon juice if required.
7. Garnish with lemon wedge and fresh parsley.



BAKED TILAPIA WITH CREAMY ALFREDO SHRIMP SAUCE (Serves 25)

4.95 lbs Tilapia fillets, whole, defrosted (90g per portion)
 2 tbsp black pepper
FOR THE SAUCE:
 2.5 cups Pacific white shrimp, 90-130 count
 1/2 cup margarine
 3/4 cup white flour
 4 cups 2% milk
 1 tbsp fresh garlic, chopped
 1 tbsp pepper
 3/4 cup Parmesan cheese

1. Pre-heat oven to 425°F (218°C).
2. Grease or parchment line baking sheets.
3. Sprinkle defrosted Tilapia with pepper.
4. Cook in the convection oven for 12-15 mins, flipping halfway, until Tilapia reaches internal temperature of 165°F (74°C).
5. Melt margarine in a heavy-bottomed pot over medium heat.
6. Once margarine is melted, add flour and make a roux then add milk, slowly whisking the entire time.
7. Add chopped garlic, pepper, and shrimp.
8. Simmer for 5-7 mins, stirring continuously.
9. Add Parmesan cheese and ensure the sauce has reached 165°F (74°C).
10. At service, serve Tilapia with the creamy alfredo shrimp sauce on top.
11. Garnish with fresh chopped chives.



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