



THERE'S PLENTY OF FISH IN OUR SEA!

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Name: Dami Dasilva

Recipe Title: Spicy Grilled Tilapia

Recipe Ingredients:

- 4 whole tilapia
- 1 bulb of onion
- 1 red bell pepper
- 2 tomatoes
- 2 habenero/Scott bonnet (3 or 4 for extra spice)
- 1 inch ginger
- 3 garlic cloves
- Seasoning(curry, seasoning salt, coriander, Knorr cubes and Jamaican grill seasoning/grill mates)
- Cilantro
- 3 tablespoon of olive oil
- 3 tablespoon of lime juice
- Zip lock bag

Recipe Instructions

1. First step is to clean the fish thoroughly. Proceed to make deep incision on the fish to enable proper marination.
2. The next step is to blend the tomatoes, red bell pepper, habenero, onion, ginger and garlic.
3. After this, get a ziplock bag, add the cleaned fish, the blended sauce, olive oil, lime juice, cilantro and the seasoning. I used 3 tablespoons of all the seasoning mentioned above and 1 Knorr cube. Note: you can season to your own taste.

4. Mix all these together and marinate in the fridge overnight (if you have time) or at least 2 hours.
5. Preheat the oven to 350 degrees.
6. Place the marinated fish in a cast iron grill pan (don't forget to spray the pan). Make sure to add the sauce into the deep incision on the fish.
7. Leave in the oven for 30-40 or until well cooked. Don't forget to flip the fish over.
8. This dish is best served with French fries. Enjoy!