

Broiled Tilapia w/ Mustard Chive Sauce

Servings: 4

Calories: ~145/serving

Time: 12m

Ingredients

- 4 tilapia filets
 - 1/4 cup full fat (or 5%) greek yogurt
 - 2 tbsp honey
 - 1 tsp dijon mustard
 - 1/4 cup lemon juice
 - 2 tbsp chives
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Instructions:

- Pre-heat broiler and line a cooking tray with foil
- Pat fish dry and then brush fish with S&P and olive oil
- Cook 4-8 minutes (depends on stove)
- Mix everything else together for the sauce, drizzle over fish before serving

Source: Food Network

Made on: 2018/07/08