



Baked Costa Rican-Style Tilapia with Pineapples, Black Beans and Rice

Recipe courtesy Ingrid Hoffmann, 2008

Prep Time:	20 min	Level:	Serves:
Inactive Prep Time:	20 min	Intermediate	4 servings
Cook Time:	55 min		



Ingredients

- 1 cup long-grain white rice
- 2 cups low-sodium chicken broth
- 1/4 cup freshly squeezed orange juice
- 1 lime, juiced
- 2 tablespoons olive oil
- 1/4 cup finely chopped fresh cilantro, plus more for garnish
- 2 garlic cloves, minced
- 1 teaspoon sugar
- Kosher salt and freshly ground black pepper
- 4 (5 to 7-ounce) tilapia fillets, rinsed and patted dry
- 2 cups jarred or homemade tomato salsa
- 1 (15-ounce) can black beans, drained and rinsed
- 2 cups diced fresh pineapple
- 2 limes, thinly sliced
-
-

Directions

Combine the rice and chicken broth in a pot over medium heat and bring to a boil. Reduce the heat to low, cover, and cook until the rice is tender and has absorbed all of the liquid, about 20 minutes.

Preheat the oven to 400 degrees F.

In a mixing bowl, whisk together the orange juice, lime juice, oil, 2 tablespoons of the cilantro, the garlic, and sugar; season with salt and pepper. Add the tilapia fillets to the marinade, turning to coat. Marinate in the refrigerator for 20 minutes, turning occasionally.

Stir together the cooked rice, salsa, beans, pineapple, and remaining 2 tablespoons of the cilantro in a 2 or 3-quart baking dish. Remove the tilapia from the marinade, reserve the marinade, and lay the fish fillets over the rice mixture, overlapping if necessary. Pour the reserved marinade over the fish. Shingle the lime slices over the fish. Bake until the fish flakes easily, is opaque, and cooked through, 25 to 30 minutes. Garnish with chopped cilantro before serving.

Print Size:



8.5 x 11"



4 x 6"



3 x 5"

PRINT



Advertisement