

# Right for Tonight™ Healthy Meals

## Tilapia Rice Bowl



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# Tilapia Rice Bowl

**Prep Time:** 10 minutes

**Cook Time:** 25 minutes

## Easy Recipe:

- ½ (14-oz.) can light coconut milk
- 1 cup **ShopRite® natural long-grain brown rice**
- ¾ lb. tilapia fillets
- 2 tbsp. fresh lime juice
- 1 small carrot, shredded
- 1 large garlic clove, minced
- 1 tsp. grated lime peel
- 3 tbsp. chopped fresh cilantro

## Easy Steps:

1. In a medium saucepan bring coconut milk and 1 cup water just to boiling. Stir in rice; cover and simmer 25 minutes or until all of the liquid is absorbed.
2. Meanwhile, coat a nonstick skillet with nonstick cooking spray and place over medium heat. Add tilapia; cook 3 minutes per side. Add ½ cup water, lime juice, carrot

and garlic. Cover and simmer 4 to 6 minutes or until fish flakes easily with a fork. Remove from heat. Break tilapia into large bite-size pieces.

3. Fluff rice with a fork; stir in lime peel and cilantro. Season with pepper to taste. Spoon rice into bowls, spoon tilapia mixture on rice, and serve.

Serves 4

**Per Serving:** 295 calories, 7g fat, 3g saturated fat, 0g trans fat, 35mg cholesterol, 60mg sodium, 40g carbohydrate, 3g fiber, 19g protein

**Make it a meal:** Serve with steamed snow peas.



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