



# Honey, Soy, and Garlic Tilapia

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**SERVES: 6**

**PREP TIME: 10 min.**

**COOK TIME: 5 min.**

## Ingredients:

4 filets tilapia fresh (or thawed if frozen)

1/4 cup honey

1/4 cup soy sauce

1/4 cup freshly squeezed lemon juice

2 cloves garlic crushed

1/2 cup all-purpose flour

2 tablespoons extra virgin oil

\*extra honey/lemon for drizzling optional

\*salt to taste



## Directions:

1. For Marinade—Whisk together honey, soy sauce, lemon juice, and garlic cloves. Place tilapia filets into a gallon sized baggie and pour in marinade. Marinate for 1 hour
2. Remove the tilapia from the fridge while you heat your non-stick pan over medium high heat.
3. Place flour on a small plate and thinly coat the tilapia filets one at a time. Coat all fillets
4. Once your pan is hot, add in 1 tablespoon of oil. Gently place two filets in the pan and cook one side for about 2-3 minutes on each side, or until the bottoms are golden brown.
5. Remove the tilapia from the pan and let drain on a paper towel. Repeat with all fillets. Serve with extra honey and lemon if desired

Source: [Showmethenyummy.com](http://Showmethenyummy.com)