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6 tilapia fillets

1 lemon

1 large orange, peeled, segmented and cut in half

1 small grapefruit, peeled, segmented and cut in half

1 small red onion, finely sliced

Salt & Pepper

Olive oil

Rinse and pat dry the fish. Season it with salt and pepper.

Heat a large skillet with some olive oil. Add the fish. Squeeze 1/2 a lemon all over the fillets, making to remove any seeds that might fall into the pan. Cook for 4 to 5 minutes, until bottom is cooked and flip. Squeeze the other 1/2 lemon on the fish.

Place the onion, orange and grapefruit pieces on top of all of the fillets. Cook for an extra 5 minutes, until fish is cooked through and flaky. Serve with couscous and green salad. Enjoy!