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Tilapia is a mild small fish that can be white or red. It is also quite inexpensive and easy to make. Here a super quick and easy recipe for cooking it in a skillet.

You will need:

4 to 6 tilapia fillets (depending on who might want seconds)

1 large lemon

Salt & Pepper

Olive oil

Cilantro, finely chopped

Rinse the fish and pat dry well. Season both sides with salt and a little pepper.

Zest the lemon and set aside. Cut it in half for juicing.

Heat a large skillet with some olive oil. Place the fillets in the pan and squeeze half of the lemon on top, making sure to remove all the pits. Sprinkle the fillets with some lemon zest. Cook on one side for 3 to 4 minutes and flip. Squeeze the remaining lemon on the fish and add some more zest. Cook for an extra 4 to 5 minutes. Sprinkle with chopped cilantro and serve. Enjoy!

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