



Simple | Healthy | Delicious

Crispy Herb and Hemp Crusted Tilapia

INGREDIENTS

½ cup whole grain cracker crumbs
1 tablespoon salt-free seasoning
1 tablespoon finely chopped fresh parsley (or 1 tsp dried)
1 tablespoon finely chopped fresh basil (or 1 tsp dried)
1 tablespoon Nature's Earthly Choice hemp seeds
2 tablespoon egg whites
2 tilapia fillets, about 150g each (other white mild fish such as cod or haddock would work as a substitute)
Lemon wedges, to garnish



DIRECTIONS:

1. Preheat oven to 375F and line a baking sheet with parchment paper.
2. Crumble the crackers in a food processor and pulse on high until fine crumbs form.
3. Add the salt-free seasoning, parsley and basil and continue pulsing until the herbs are very finely minced and incorporated with the cracker crumbs.
4. Stir in the Nature's Earthly Choice hemp seeds, then dump the coating mixture out onto a plate.
5. In a shallow bowl, dip one of the fish fillets into the egg whites.
6. Immediately transfer it onto the plate containing the crumb mixture. Coat evenly on both sides, then place it on the lined baking sheet.
7. Repeat with the other fillet.
8. Bake for 20 to 25 minutes depending on the thickness.
9. Enjoy with lemon wedges and a green salad if desired.