

Corn Wasabi Rice Tilapia

This vibrant dish features tender tilapia fillets served atop a bed of zesty wasabi-infused corn rice. Perfect for those seeking a unique blend of flavors, this meal is both healthy and quick to prepare.


20 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 tilapia fillet
- 1/2 cup cooked rice
- 1/4 cup corn kernels
- 1 teaspoon wasabi paste
- 1 tablespoon soy sauce
- 1 teaspoon olive oil
- Salt, to taste
- Pepper, to taste
- Chopped green onions, for garnish

Steps

- 1 In a small bowl, mix the wasabi paste with the cooked rice and corn kernels until evenly combined.
- 2 Heat olive oil in a non-stick skillet over medium heat.
- 3 Season the tilapia fillet with salt and pepper, then place it in the skillet.
- 4 Cook the tilapia for about 3-4 minutes on each side, or until golden brown and cooked through.
- 5 Serve the tilapia on a plate with a generous scoop of wasabi corn rice.
- 6 Drizzle soy sauce over the top and garnish with chopped green onions.