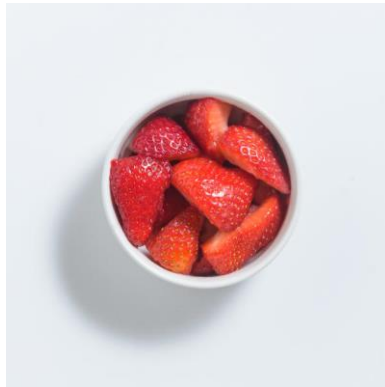


Lunch – Whole 30

SESAME TILAPIA WITH ASPARAGUS And Strawberries

\$3.50/SERVING EST



Ingredients and groceries scaled from original 1 serving

5/8 cup olive oil

10 oz. tilapia

5 oz. sesame seeds

5 cups asparagus

Prep: 5 mins

Cook: 20 mins

1. Brush half the oil over the tilapia.
2. Place sesame seeds in a bowl. Press tilapia into the sesame seeds to coat all over. Use your hands to press any remaining sesame seeds onto the tilapia.
3. Heat remaining oil in a skillet over medium heat. Add tilapia and cook 3-4 minutes on each side until cooked through.
4. When the fish is cooked, transfer it onto a plate and add the asparagus to the pan. Cook 5-10 minutes until tender.

STRAWBERRIES

\$2.17/SERVING EST

Ingredients and groceries scaled from original 1 serving

6 ¼ cups whole strawberries