Pan-Seared Tilapia with Garlic Spinach

Light and healthy tilapia fillets pan-seared to perfection, served with vibrant garlic sautéed spinach. A quick, low-carb meal perfect for lean muscle support.

Servings: 2 **Time:** 20 minutes

Ingredients

- 2 tilapia fillets (6-7 oz each)
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika
- 3 cups fresh spinach
- 2 cloves garlic, minced
- 1 teaspoon butter
- 1/2 lemon, juiced

Instructions

1. Pat tilapia fillets dry with paper towels and season both sides with salt, pepper, and paprika.
2. Heat olive oil in a non-stick skillet over medium-high heat.
3. Add tilapia fillets and cook for 3-4 minutes per side until golden brown and cooked through.
4. Remove tilapia from pan and set aside, keeping warm.
5. In the same skillet, reduce heat to medium and add butter.
6. Add minced garlic and cook for 30 seconds until fragrant.
7. Add fresh spinach and sauté for 2-3 minutes until wilted.
8. Squeeze lemon juice over spinach and stir to combine.
9. Serve tilapia fillets on plates with garlic spinach on the side.

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