



LEMON TILAPIA WITH SPINACH AND MUSHROOMS

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EACH BATCH SERVES 6.

INGREDIENTS	X1	X2	X3	X4
Tilapia fillets, or other firm white fish (6 ounce fillets)	6	12	18	24
Olive oil or coconut oil	1/4 cup	1/2 cup	3/4 cup	1 cup
Onion, thinly sliced	3 1/2 cups	7 cups	10 1/2 cups	14 cups
Minced garlic	1 1/2 tablespoons	3 tablespoons	4 1/2 tablespoons	6 tablespoons
Mushrooms, cleaned and quartered	16 ounces	32 ounces	48 ounces	64 ounces
Fresh cleaned spinach	6 cups	12 cups	18 cups	24 cups
Dried tarragon or thyme	1 teaspoon	2 teaspoons	1 tablespoon	4 teaspoons
Salt and ground black pepper	to taste	to taste	to taste	to taste
Lemon juice	3 tablespoons	6 tablespoons	9 tablespoons	3/4 cup

Heat oil in skillet over medium-high heat. Cook tilapia, seasoning with salt and pepper, until golden and cooked through. Set fish into one side of freezer pan.

In same skillet as tilapia was cooked, sauté onions until they are translucent. Add garlic and cook while stirring for one minute. Add mushrooms and tarragon or thyme. Cook, continuing to stir fry until mushrooms have released their juices and are cooked. Add spinach. Stir fry spinach just until wilted. Turn off heat. Season with salt and pepper, and drizzle with lemon juice. Toss to mix flavors. Put spinach- mushroom mixture on the other side of the freezer pan. Allow to cool. Seal removing as much air as possible, label, and freeze. Or divide and freeze in separate lunch sized freezer containers.

To serve: Thaw. Heat through.