

## BAKED TILAPIA WITH OYSTER MUSHROOMS

Serves 2 adults

### INGREDIENTS:

4 frozen Tilapia filets	½ lb. broccoli florets
Sherry cooking wine	¼ - ½ lb. fresh Oyster Mushrooms, sliced
½ stick butter	1 or 2 cloves fresh garlic, crushed
¼ C. fresh Lemon Thyme	Sea Salt to taste
1 package Mahatma yellow rice, 5 oz. size	



### DIRECTIONS

Preheat oven to 350. Place Tilapia filets in the bottom of a 9 x 11" pan. Add enough sherry to fill the pan to about half the thickness of the filets. Scatter Lemon Thyme directly on top of the fish filets. (If you don't have Lemon Thyme, you may use regular Thyme.) On top of fish filets, add the garlic and then the mushrooms. Place broccoli in the sherry around the fish. Slice the butter into pats and place in dish evenly spaced. Bake at 350 until the fish is flakey and the broccoli is tender. After placing in oven, prepare the rice according to the directions on the package. Do Not stir rice after you reduce it the temperature to simmer. (Stirring rice causes it to be sticky & mushy.) Remove from heat when the water is almost completely gone. Leave the lid on and the remaining water will absorb without burning to the bottom of the pan. Let it sit with the lid on until the fish is out of the oven. After removing fish from the oven, place half of the rice onto one plate and half on the other. Spread the rice evenly around the entire plate. Using a spatula, carefully place two of the filets on top of the rice. Then add half the broccoli on each plate as well. Spoon the juice all over the plate generously. Add salt to taste and enjoy.

*CREDIT: Recipe by Angel Miller of 2 Angels Mushroom Farm.*