



### **Pecan Encrusted Tilapia**

1 pound or 3 fillets of tilapia  
1/2 cup finely chopped pecans  
Dijon mustard  
Fresh rosemary and thyme  
Herbamare to taste  
Sea salt to taste

Pre heat oven 375 degrees. On a piece of wax paper place of fillets and thickly spread Dijon mustard and Herbamare on one side of fillet. Place chopped pecans on clean piece of wax paper and dredge fillet with mustard thru pecans, repeat the process on the other side of fish. Top fish with a little chopped rosemary, thyme and sea salt. Place fish on shallow baking pan and cook for 20 minutes.