

# Delightful Coconut Parmesan Tilapia

## Ingredients

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- 4 Tilapia fillets
- 2 T butter (for frying - use olive or other oil if you prefer)
- 2 t Emeril's Bayou Blast seasoning (to taste)
- 2 T unsweetened coconut flakes
- 4 T Parmesan cheese (freshly grated)
- 1 lemon (as needed)

## Instructions

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Season the tilapia filets lightly on each side with the Emeril's Essence (Bayou Blast) seasoning.

Heat a non-stick skillet over medium heat. Add butter; when hot, add the filets. Cook about 4 to 5 minutes; turn over.

Sprinkle the Parmesan cheese over the filets evenly, then do the same for the coconut. Partially cover the skillet with a lid (don't cover it completely) and cook for another 4-5 minutes until the cheese has melted and the Tilapia is cooked through.

Remove to a serving dish; garnish with fresh lemon

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