

Cumin Pan Seared Tilapia with Cumin Essential Oil

Servings: 4

Prep Time: 10 minutes

Cook Time: 10 minutes

Difficulty: Easy

Ingredients:

1 ½ teaspoons smoked paprika
1 teaspoon brown sugar
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon salt
1 drop Cumin essential oil
¼ teaspoon chili powder
¼ teaspoon black pepper
¼ teaspoon dried oregano
1 pound tilapia fillets
1 tablespoon olive oil

Instructions:

1. Combine paprika, brown sugar, garlic powder, onion powder, salt, Cumin essential oil, chili powder, black pepper, and oregano in a small bowl. Spoon seasoning onto the fish fillets, evenly covering both sides.
2. Heat olive oil in a large sauté pan or a cast iron skillet on medium heat. Add seasoned fish to the pan, and cook each side for 2-3 minutes

Tips:

Don't overcook the fish!

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Honey Lime Coleslaw with Cumin Essential Oil

Servings: 12

Prep Time: 20 minutes

Cook Time: 0 minutes

Difficulty: Easy

Ingredients:

1 cup thinly sliced green cabbage
1 cup thinly sliced red cabbage
1 cup shredded carrots
1 thinly sliced red bell pepper
½ cup sliced green onions
2 tablespoons lime juice
1 tablespoon honey
1 small clove garlic, minced
2 tablespoons olive oil
¼ cup cilantro, finely chopped
1 toothpick Cumin essential oil

Instructions:

1. Toss cabbage, carrots, peppers, cilantro and onions together in a large bowl.
2. In a separate bowl whisk together lime juice, honey, minced garlic, olive oil, and one toothpick of Cumin essential oil.
3. Slowly add the dressing to the tossed vegetables and mix until combined.
4. Serve with fish and enjoy!

Tips:

Make a day ahead and keep in refrigerator for deeper flavor.

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