

PREPARATION: 20 MINUTES

COOKING: 15 MINUTES

4 SERVINGS

# TILAPIA RILLETTES

## INGREDIENTS

### RILLETTES

*110g tilapia*

*1 large egg*

*1 tablespoon coriandre,  
finely chopped*

*1 tablespoon red onion,  
finely chopped*

*1 tablespoon lemon juice*

*1 teaspoon ginger, grated*

*1 teaspoon dry mustard*

*1 teaspoon olive oil*

*1/8 teaspoon black pepper*

### PITA CHIPS

*2 white pita breads  
(17cm diameter)*

*1 tablespoon olive oil*

## PREPARATION

- 1 In a saucepan bring water to a boil. Add the fish fillet and the cracked egg to the water. Reduce the heat and simmer for 6 minutes until the fish is cooked and the egg poached.
- 2 Remove both from the water and let cool.
- 3 In a small bowl, mix the fish and the egg together with a fork. Add the coriandre, onion, lemon juice, ginger, mustard and olive oil. Season with pepper, cover and place in the fridge for 1 hour.
- 4 Preheat the oven to 300°F.
- 5 Cut each pita into 8 wedges and separate each wedge into two thin wedges.
- 6 Place the wedges on a baking sheet. With a brush, distribute a few drops of the remaining olive oil on each wedge. Bake for 7 minutes.
- 7 Let the chips cool before serving them with the rillettes.

## Nutrient Analysis

### PER SERVING:

1/4 of recipe

### RENAL EXCHANGE:

1 Protein + 1 Starch

Calories	175Kcal
Protein	10g
Carbohydrates	18g
Fibre	1g
Total Fat	7g
Saturated Fat	1g
Cholesterol	63mg
Sodium	192mg
Potassium	154mg
Phosphorus	102mg