

# CopyCat Red Lobster Rock Island Tilapia

## Ingredients

8 oz. Crab meat  
2 cups Cheese and garlic croutons (crushed)  
10 oz. Prepared Alfredo sauce  
1 tbsp. Fresh lemon juice  
2 tsp. Salt-free All-purpose seasoning  
6 5-6 oz. Tilapia fillets, skin off  
3 tbsp. melted butter  
1 tbsp. butter  
6 oz. Lobster meat, chopped  
1 can Seafood Bisque or Cream of Shrimp Soup Seafood seasoning, to taste

## Directions

Preheat oven to 350 degrees. To make the crab stuffing, in a large bowl, mix crab meat, crushed croutons, Alfredo sauce, lemon juice and all-purpose seasoning. Set aside for later.

Place the tilapia fillet (dark side down) onto a clean surface. Using a chef's knife, cut pockets into each side of the fish.

Open the pockets and spoon approximately 3/4 cup of the crab stuffing into the tilapia. Flatten the stuffing slightly to approximately 3/4" high.

Gently close the pockets and brush each fillet and the stuffing with melted butter and sprinkle with seafood seasoning.

Place the stuffed fish into a 9 x 13 baking dish with  $\hat{A}\frac{1}{4}$  cup of water, being careful not to pour the water over the fish.

Bake in a 350 degree oven for approximately 20-25 minutes or until the stuffing reaches 165 degrees.

In a small pan, melt 1 tbsp butter over medium heat, add the lobster meat and saute until tender. Add the soup to make the sauce to serve over the fish. Stir well.