
Baked Tilapia in garlic and lemon butter



Difficulty

simple



Preparation

30 Minutes



Cooking time

30 Minutes



Nutrients

high



Ingredients

- 4 tilapia fillets (approx. 1 lb)
 - 1/4 cup melted butter
 - 4 garlic cloves, minced
 - 2 tbsp lemon juice
 - 1/2 tsp lemon zest
 - 1/2 tsp paprika
 - 1/2 tsp dried thyme
 - 1/2 tsp dried oregano
 - 1/4 tsp pepper
 - 1/4 tsp salt
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Preparation

1. Preheat the oven to 200°C (400°F).
2. Pat the tilapia fillets dry with paper towels. Place them in a 9x13-inch baking dish.
3. In a bowl, combine melted butter, minced garlic, lemon juice, lemon zest, paprika, dried thyme, dried oregano, salt, and pepper.
4. Pour the sauce over the tilapia and bake for 10 to 12 minutes, or until the fish flakes easily.
5. Remove from the oven, garnish, and enjoy!