BROILED PARMESAN TILAPIA

Prep Time: 10 minutes
Cooking Time: 15-20 minutes
Makes 2 servings

Ingredients

1 large fish fillet (about 300g) or 2 smaller fillets: tilapia, basa, haddock, etc.
60 mL (¼ cup) Parmesan cheese, grated
30 mL (2 Tablespoons) lemon juice
2 mL (½ teaspoon) dried basil
2 mL (½ teaspoon) black pepper (or less, as desired)
1 mL (¼ teaspoon) garlic powder
1 mL (1/4 teaspoon) celery seed
30 mL (2 Tablespoons) mayonnaise

Directions

Preheat oven to 230°C (450°F).

Line a baking sheet with aluminum foil (this makes clean up easier).

Pat fish fillets dry with a paper towel (discard paper towel); place fish on the baking sheet and set aside.

Mix together Parmesan cheese and remaining ingredients in a small bowl; then spread this evenly over the top of the fish.

Place fish in hot oven and cook for about 10-15 minutes (it will depend on how thick the fish is): check thickest part of fish to make sure it is opaque and cook through (flakes easily with a fork).

To brown the topping, place under the broiler for 2-5 minutes (make sure not to leave it too long!).

Tilapia is mild-tasting, and with this yummy Parmesan topping it’s perfect even for those who think they don’t like fish!

Serve with rice and cooked vegetables or salad for a balanced meal.

✔️ Budget-Friendly
✔️ Quick & Easy
✔️ Rich in omega-3 fats
✔️ High in protein, low in fat