

Baked Parm Tilapia

Prep: 10 mins | Cook: 10 mins | Total: 20 mins | 4 servings

INGREDIENTS

- 3-4 Tilapia Fillets, about 1 lb
- 1 Tbsp Parmesan Cheese
- 1 Tbsp Paprika
- 1 Tsp Dried Basil
- 2 Tbsp Bread Crumbs, seasoned or unseasoned
- 1 Tbsp Butter, melted
- 1/4 Tsp Garlic Powder, optional



DIRECTIONS

1. In a shallow dish mix breadcrumbs, parmesan cheese, & spices.
2. Brush one fillet with melted butter. Lay fillet butter side down in the dry mix, pat down.
3. Brush side of fillet showing with butter again, flip into dry mix and pat again. I tend to flip, pat and shake the dish to make sure fillets are entirely covered.
4. Removed from dry mix dish and lay on rack. I use a cooling rack over a cookie sheet. This ensures the fish cooks and crisps from all sides. Laying it directly on a cookie sheet can result in a soggy sided fish.
5. Bake for about 10 minutes at 400 degrees until fish flakes easy with a fork.

TIPS

- Great with flavored rice as a side. I cook instant plain rice & add in about a Tsp or so of each of the spices on the fish (everything minus the breadcrumbs).
- I buy the frozen tilapia fillets at Wegmans. They are individually wrapped and thaw nicely.
- Served with flavored rice and steamed veggies.