

Baked Lemon Garlic Tilapia

Mediterranean

A simple baked tilapia recipe with lemon and garlic. Light, mild, and ideal for a healthy, high-protein dinner.

Ingredients:

- * 2 fillets Tilapia fillets (4–5 oz each)
- * 1 tablespoon Olive oil
- * 1 tablespoon Lemon juice (Fresh preferred)
- * 1 clove Garlic (Minced)
- * 1/4 teaspoon Salt (Adjust to taste)
- * 1/4 teaspoon Black pepper
- * 1/2 teaspoon Paprika (Optional)



Instructions:

1. Preheat oven to 400°F (205°C). Line a baking sheet with parchment or foil.
2. Place tilapia fillets on the baking sheet.
3. In a small bowl, mix olive oil, lemon juice, garlic, salt, pepper, and paprika.
4. Brush the mixture evenly over the fillets.
5. Top with lemon slices if using and bake for 10–12 minutes, until fish flakes easily.
6. Garnish with parsley and serve.

Servings: 2 | Serving size: 2 fillets | Calories: 175 | Protein: 23g