



# Parmesan Crusted Tilapia



Servings

4 persons



Cooking time

10 Minutes



Calories

250

## Ingredients:

- 907 g Frozen Farm Tilapia Fillet IVP  
Chem free China
- 2 tbsp salted butter, salted, melted
- 1 tsp lemon juice
- 1 tsp garlic powder
- ¼ cup parmesan cheese, grated
- Salt and pepper, to taste



Product item number: 103030



## Cooking Steps:

- 1 Preheat the oven to broil on high and put on the rack. Then, line the rimmed baking sheet with foil and spray with non-stick cooking spray. Keep it aside.
- 2 Season the tilapia filets with salt and pepper on both sides.
- 3 Combine the garlic powder, lemon juice, and melted butter into the bowl. Stir well to blend all the ingredients into a smooth mixture.
- 4 Using a brush or spoon, apply the garlic butter mixture to both sides of each tilapia filet.
- 5 Place the prepared tilapia filets on the lined baking sheet.
- 6 Broil the fish for 5 minutes.
- 7 After 5 minutes, carefully flip the tilapia filets over using a spatula.
- 8 Sprinkle the grated Parmesan cheese evenly over the top of each filet.
- 9 Return the baking sheet to the oven and broil for an additional 5 to 6 minutes.
- 10 Once the cheese is melted and browned, remove the tilapia from the oven.
- 11 Serve and Enjoy!

