

Baked Parmesan Crusted Tilapia

Prep time
10 mins
Cook time
12 mins
Total time
22 mins

Wonderful. A crispy Parmesan crust with great flavor with only a few ingredients. A quick and easy weeknight recipe with weekend appeal.

Author: Dan Mikesell

Recipe type: Main

Cuisine: American

Serves: 4 servings

Ingredients

- 1 pound tilapia
- 1 cup grated Parmesan cheese (fresh if possible)
- 1 T paprika
- 1 T dried parsley
- 1 T olive oil
- ½ t salt
- ½ t pepper



Instructions

1. Preheat oven to 400 degrees convection. Line a baking sheet with aluminum foil.
2. Wash and pat dry tilapia.
3. Mix parmesan, paprika, parsley, salt and pepper in a shallow pan.
4. Brush tilapia with oil on both sides and then dredge in the parmesan mixture patting the coating on. Place on the baking sheet.
5. Take remaining parmesan mixture and pat on top of the already coated fish.
6. Bake for about 12 minutes until flaky.