

Broiled Tilapia Parmesan

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Rated: ★★★★★

Prep Time: 5
Minutes

Ready In: 15
Minutes

Submitted By:
Phoebe

Cook Time: 10
Minutes

Servings: 8

"Flavorful recipe for this farm raised fish that is easy and done in minutes! The fish is broiled with a creamy cheese coating for an impressive flavor and texture."

INGREDIENTS:

| | |
|---------------------------------|----------------------------------|
| 1/2 cup Parmesan cheese | 1/4 teaspoon ground black pepper |
| 1/4 cup butter, softened | 1/8 teaspoon onion powder |
| 3 tablespoons mayonnaise | 1/8 teaspoon celery salt |
| 2 tablespoons fresh lemon juice | 2 pounds tilapia fillets |
| 1/4 teaspoon dried basil | |

DIRECTIONS:

1. Preheat your oven's broiler. Grease a broiling pan or line pan with aluminum foil.
2. In a small bowl, mix together the Parmesan cheese, butter, mayonnaise and lemon juice. Season with dried basil, pepper, onion powder and celery salt. Mix well and set aside.
3. Arrange fillets in a single layer on the prepared pan. Broil a few inches from the heat for 2 to 3 minutes. Flip the fillets over and broil for a couple more minutes. Remove the fillets from the oven and cover them with the Parmesan cheese mixture on the top side. Broil for 2 more minutes or until the topping is browned and fish flakes easily with a fork. Be careful not to over cook the fish.

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