Parmesan Crusted Tilapia Fillets

Great light and savory dish, perfect for spring and summer.

Ingredients

- 3/4 cup grated Parmesan cheese
- ½ cup panko
- ½ lemon juice
- 1 Tbsp smoked paprika
- 1 Tbsp chopped fresh parsley
- 1 tsp old bay seasoning
- Salt and ground black pepper to taste
- 4 tilapia fillets
- 1/4 cup olive oil

Method

Step 1

Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.

Step 2

Whisk Parmesan cheese, panko, paprika, parsley, old bay, salt, and pepper together in a shallow dish

Step 3

Coat tilapia fillets with olive oil, season with salt and pepper. Lay on a sheet pan with parchment paper and coat the top side with the Parmesan cheese mixture. Sprinkle with lemon

Step 4

Bake in preheated oven until the fish flakes easily with a fork, 10 to 12 minutes.