



Honey Soy Tilapia

Jacob · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

55 mins

Description

Easy tilapia recipe that my husband just loves

Ingredients

— - 3 tablespoons honey - 3 tablespoons soy sauce - 3 tablespoons balsamic vinegar - 1 tablespoon minced garlic - 2 (3 ounce) fillets tilapia - cooking spray - 1 teaspoon freshly cracked black pepper

Instructions

1. Mix the honey
2. soy sauce
3. balsamic vinegar
4. and garlic together in a bowl. Place the tilapia fillets in the mixture; allow to marinate in refrigerator at least 30 minutes. Preheat an oven to 350 degrees F (175 degrees C). Spray a baking dish with cooking spray. Remove tilapia from marinade
5. and discard the marinade. Place fillets into the prepared baking sheet
6. and sprinkle the black pepper over the fish. Bake in the preheated oven until the fish flakes easily with a fork
7. 15 to 20 minutes. Editor's Note The nutrition data for this recipe includes the full amount of the marinade ingredients. The actual amount of the marinade consumed will vary.