

Seasoned Swai Fish Fillet

Jacob · 29/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

4

Description

This swai fish dish is delicious I typically do not like fish however I love this one It is lighttasting and in my opinion does not have a fishy taste I serve this fish with English peas or green beans and wild rice or rice pilaf

Ingredients

— - cooking spray - 4 (4 ounce) fillets swai fish - 2 tablespoons margarine - $\frac{1}{4}$ cup dry white wine - 1 tablespoon lemon juice - 1 tablespoon chopped fresh cilantro (Optional) - 1 teaspoon minced garlic - 1 teaspoon salt - 1 teaspoon ground black pepper - 1 teaspoon paprika

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a shallow pan or baking sheet with cooking spray. Place fish fillets into the prepared pan. Dotdash Meredith Food Studios Melt margarine in a saucepan over medium heat. Mix white wine
2. lemon juice
3. cilantro
4. garlic
5. salt
6. and black pepper into melted margarine; simmer for 2 minutes. Dotdash Meredith Food Studios Generously spoon sauce over fish fillets. Sprinkle fillets with paprika. Dotdash Meredith Food Studios Bake in the preheated oven until fish flakes easily with a fork
7. 10 to 12 minutes. Dotdash Meredith Food Studios