

Baked Whiting

Jacob · 29/09/2024

**Prep Time**

40 mins

Difficult

Medium

Servings

4

Description

This whiting fish recipe is a healthy way to enjoy crispy baked whiting without spending all of your time in the kitchen. My family enjoys it even the kids will be looking forward to the next time I make fish.

Ingredients

- - 4 whiting fish fillets - ½ cup milk
- or as needed - 1 pinch garlic powder
- or more to taste - 1 pinch onion powder
- or more to taste - 1 pinch paprika
- or more to taste - salt to taste - 1 Roma (plum) tomato
- diced - 4 teaspoons butter
- or more to taste - 2 lemons
- halved
- or more to taste (Optional)

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Place whiting fillets in a baking dish and add enough milk to cover the entire bottom of the dish. Season fillets with garlic powder
2. onion powder
3. paprika
4. and salt. Top each fillet with at least 3 tomato pieces. Add butter to each fillet. Squeeze 1 lemon half over each fillet. Bake in the preheated oven until fish flakes easily with a fork
5. 30 to 45 minutes. Recipe Tip Tilapia can be used in place of the whiting
6. and margarine can be used in place of the butter.