

Grilled Tilapia

Oscar · 29/09/2024

**Prep Time**

1 hr

Difficult

Medium

Servings

1 hr 20 mins

Description

This grilled tilapia is easy to prep for a flavorful fish grilled over flames

Ingredients

- - ½ cup olive oil - 1 teaspoon lemon-pepper seasoning
- or to taste - 1 teaspoon ground cumin
- or to taste - 1 teaspoon paprika
- or to taste - 1 teaspoon dried mustard
- or to taste - garlic powder
- or to taste - 4 (4 ounce) fillets tilapia - cooking spray

Instructions

1. Mix olive oil
2. lemon pepper
3. cumin
4. paprika
5. dried mustard
6. and garlic powder together in a small bowl. Brush each tilapia fillet with mixture using a pastry brush. Flip; brush other side. Cover with aluminum foil and refrigerate for 1 hour. Preheat an outdoor grill for high heat and lightly oil the grate. Spray a large piece of foil with cooking spray and place on the grill. Transfer tilapia onto the foil. Cook fillets on the preheated grill until they're easily flaked with a fork
7. about 5 minutes per side. Serve.