

Air Fryer Tilapia with Fresh Lemon Pepper

Savannah · 30/09/2024

**Prep Time**

20 mins

Difficult

Medium

Servings

4

Description

Cook tilapia in an air fryer with fresh lemon pepper to kick up the flavor Although this fish is low carb and light you wont be sacrificing flavor

Ingredients

- - 4 (6 ounce) tilapia fillets - 2 tablespoons lemon zest - 2 tablespoons olive oil - 2 cloves garlic
- minced - 1 ½ teaspoons coarsely ground black peppercorns - ½ teaspoon salt - 1 pinch paprika
- or to taste - cooking spray - 1 sprig parsley
- chopped
- or more to taste - 4 wedges lemon

Instructions

1. Preheat the air fryer to 400 degrees F (200 degrees C) for 3 minutes. Meanwhile
2. rinse tilapia fillets and pat dry with a paper towel. Mix together lemon zest
3. olive oil
4. garlic
5. pepper
6. and salt in a small bowl until well combined. Rub over tops of fillets
7. then sprinkle lightly with paprika. Lightly coat the air fryer basket with cooking spray. Arrange fillets evenly in the basket
8. spice-side up. Do not crowd; if needed
9. cook in batches. Cook in the preheated air fryer until fish flakes easily with a fork
10. 7 to 10 minutes. Remove fillets to a plate and garnish with parsley. Serve with lemon wedges. Recipe Tip
Cook time will depend on the thickness of your fillets and the type of air fryer used.