



Mediterranean Tilapia

Savannah · 30/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

2

Description

I recently came up with this Mediterraneaninspired tilapia recipe with oilpacked sundried tomatoes because we had some beautiful tilapia fillets but no recipes My husband is a recipe purist and always follows recipes to the letter but hes now learned to trust my inventions This is a great weeknight dinner

Ingredients

- - 2 tilapia fillets - 1 tablespoon oil from the jar of sun-dried tomatoes - 1 tablespoon lemon juice - 3 tablespoons sun-dried tomatoes packed in oil
- drained and chopped - 2 tablespoons kalamata olives
- pitted and chopped - 1 tablespoon capers
- drained

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Place tilapia fillets in a baking dish; drizzle with oil and lemon juice. Bake in the preheated oven until fish flakes easily with a fork
2. 10 to 15 minutes; don't overcook. While the fish is cooking
3. mix sun-dried tomatoes
4. olives
5. and capers together. Serve tilapia with sun-dried tomato mixture over top.