



Tilapia with Creamy Sauce

Savannah · 30/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

4

Description

This creamy tilapia dish is quick easy and even better its healthy Served on a bed of rice with sauce drizzled artistically around the plate this dish is absolutely stunning

Ingredients

- - butter flavored cooking spray - 4 (4 ounce) fillets tilapia - 4 teaspoons margarine
- melted - 7 tablespoons lemon juice
- divided - 4 tablespoons chopped fresh dill
- divided - 1 tablespoon lemon-pepper seasoning - 4 teaspoons cream cheese

Instructions

1. Preheat the oven to 375 degrees F (175 degrees C). Grease a baking tray with cooking spray. Place tilapia fillets on the prepared tray and coat them lightly with cooking spray. Spoon melted margarine over each fillet
2. then drizzle with 2 tablespoons lemon juice. Season with 2 tablespoons dill and lemon pepper. Bake in the preheated oven until fish is opaque and flakes easily with a fork
3. about 15 minutes. Meanwhile
4. combine remaining 5 tablespoons lemon juice
5. remaining 2 tablespoons dill
6. and cream cheese in a small bowl. Heat in the microwave for 1 minute 10 seconds
7. then stir to blend. Place fillets onto serving plates and spoon sauce around them in a decorative fashion.