



Baked Tilapia in Garlic and Olive Oil

Oscar · 28/09/2024



Prep Time

1 day

Difficult

Medium

Servings

1 day 35 mins

Description

Baked tilapia marinated in garlic and olive oil If you prefer to grill get your grill hot and put the fish on aluminum foil grill until desired doneness is reached

Ingredients

- - 4 (4 ounce) fillets tilapia - 4 cloves crushed garlic - 3 tablespoons olive oil - 1 onion
- chopped - ¼ teaspoon cayenne pepper

Instructions

1. Rub the fish fillets with the crushed garlic
2. then place them in a shallow
3. non-reactive dish. Spoon the olive oil over the fish until they are coated. Place the onion on top of the fish. Cover the fish and refrigerate overnight to allow the fish to soak in the marinade. Preheat the oven to 350 degrees F (175 degrees C). If baking the fish
4. transfer it to a 9x13 inch baking dish along with the olive oil
5. garlic
6. and onion. Sprinkle the fish with the cayenne or white pepper. If you are grilling the fish
7. wrap the fish and oil
8. garlic
9. onion
10. and pepper in aluminum foil. Bake at 350 degrees F (175 degrees F) for 30 minutes. Note The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time
11. ingredients
12. cooking method
13. etc.
14. the actual amount of the marinade consumed will vary.