

Herbed Tilapia in Lemon Butter Sauce

Recipe By *The Bais Yaakov*

Cookbook



Cooking and Prep:  30
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Serves:  4

No Allergens

Preference: Dairy

Difficulty: Easy

Occasion: Passover,
Chanukah, Nine Days

Diet: Gluten Free, Low Carb,
Pescetarian, Paleo

Source: KosherScoop.com

If you are a fish lover, this one is for you. The ingredients compliment the natural flavor of the tilapia, and the sauce is mouth-watering when dipped with rolls or crackers.

Ingredients (13)

Main ingredients

- 4 (6 ounce) tilapia fillets
- 1 and 1/2 teaspoons kosher salt
- 3/4 teaspoon ground black pepper
- 1 teaspoon dried oregano

- 1 teaspoon dried basil
 - 2 tablespoons crushed garlic (or 6 Gefen Frozen Garlic cubes)
 - 1/4 cup chopped fresh parsley leaves
 - 1/4 cup Bartenura Olive Oil
 - 1/2 cup (1 stick) margarine or butter
 - 2 tablespoons lemon juice or juice from 1 medium lemon
 - 1/2 teaspoon garlic powder
 - 2 teaspoons kosher salt
 - 1 tablespoon parsley, chopped (OR 1 Gefen Frozen Parsley cube)
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Start Cooking

For the tilapia

1. Preheat oven to 375°F. Wash tilapia and pat dry. Place in baking dish. Mix kosher salt, ground black pepper, oregano, basil, garlic and parsley in a small bowl. Brush tilapia with olive oil; sprinkle evenly with spice mixture. Bake 20 minutes.
2. Meanwhile, prepare the lemon butter sauce. Melt butter in a small saucepan over medium heat. Add lemon juice, garlic powder and salt. Stir well. Remove from heat; add parsley and stir to incorporate. Pour over warm tilapia.

Note:

Tilapia is often referred to as the “soy” of fish. It is versatile and takes on the flavor of any sauce that it is combined with.