



AIR FRYER TILAPIA

Description

This air fryer tilapia is a quick, easy, and delicious dinner idea that comes together in less than 10 minutes! This tender white fish is perfect for those skeptical of seafood!

- About Time
- Prep Time 1
- Cook Time 7
- Total Time 8

Ingredients

- 2 Tilapia Filets about 6 ounces each
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- ½ teaspoon paprika
- ½ teaspoon salt
- ¼ teaspoon black pepper

Instructions

1. Preheat the air fryer to 200C/400F. Spray the basket with cooking spray.
2. Pat dry the tilapia fillets. Mix the salt, pepper, smoked paprika, and garlic and using your hands, rub the spices over both sides of the fish.
3. Add the tilapia filets in the air fryer basket and spray the top with cooking spray. Air fry for 7-8 minutes, flipping halfway through.
4. While the fish is cooking, make the sauce. In a small bowl, whisk together the melted butter, garlic, lemon juice and parsley.
5. Brush the lemon butter sauce generously over the top of the fish fillets and serve immediately.

Amount Per Serving

- Calories: 458kcal
- Carbohydrates: 1g
- Protein: 69g
- Fat: 20g
- Saturated Fat: 4g
- Polyunsaturated Fat: 3g
- Monounsaturated Fat: 12g
- Cholesterol: 170mg
- Sodium: 1373mg
- Potassium: 1078mg
- Fiber: 1g
- Sugar: 1g
- Vitamin A: 673IU
- Vitamin C: 3mg
- Calcium: 44mg
- Iron: 2mg

Category

1. Air Fryer Recipes

Date

27/07/2024

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