

Baked Tilapia

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Christopher Testani for The New York Times. Food Stylist: Simon Andrews.

Total Time 30 minutes

Prep Time 5 minutes

Cook Time 25 minutes

Rating ★★★★★ (852)

Tilapia has a flaky texture and a sweet, mild taste, so it welcomes assertive seasonings. This baked, sheet-pan recipe coats the fish with butter, lemon, garlic and parsley, but feel free to switch up the flavor as you like; paprika, Old Bay, ginger, lime and tarragon would all be great. Keep in mind that there are environmental issues around tilapia farming, so use resources such as [Seafood Watch](#) when selecting fish. This recipe also works with trout, flounder or other thin filets.

INGREDIENTS

Yield: 4 servings

3 tablespoons unsalted butter,
melted, or extra-virgin olive oil

2 tablespoons finely chopped
parsley, plus more for serving

Pinch of red-pepper flakes
(optional)

Salt

1 garlic clove

1 lemon

1½ pounds fresh or frozen tilapia
filets (4 to 6 filets), no need to thaw
if frozen



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PREPARATION

Step 1

Heat the oven to 400 degrees. In a small bowl, stir together the butter, parsley, red-pepper flakes (if using), and salt (about 1 teaspoon Diamond Crystal kosher or ½ teaspoon fine sea salt). Finely grate the garlic and zest the lemon into the bowl, and stir to combine. Cut the lemon into wedges for serving.

Step 2

If using fresh tilapia, pat it dry with paper towels. Arrange fish on a parchment-lined sheet pan. Using the back of a spoon, coat the tops of the fish with the butter mixture. Roast until the fish is opaque and flakes easily in the thickest part when gently pressed, 10 to 12 minutes for fresh or 17 to 22 minutes for frozen. Serve with more parsley on top and lemon wedges for squeezing over the fish.