

Sauteed Tilapia with Parmesan Crust

Yield: 1 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-tilapia-recipe>

Ingredients:

- 1 fillet tilapia one per person
- 3/4 teaspoon seafood rub Szeged Fish Rub, about 3/4 tsp for each piece of fish (use any brand of fish rub that you like)
- olive oil enough to keep fish from sticking
- salt to taste
- pepper to taste
- 2 teaspoons mayonnaise about 2 tsp per piece of fish (use real Mayo, not lite or fat free)
- 1 1/2 tablespoons grated Parmesan cheese grated Parmesan, Mizithra, or Asiago cheese, about 1 1/2 T per piece of fish

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 70 milligrams
4. Fat: 29 grams
5. Fiber: 3 grams
6. Protein: 28 grams
7. SaturatedFat: 6 grams
8. Sodium: 1050 milligrams
9. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy Sauteed Tilapia with Parmesan Crust above. You can see more 20 jamaican tilapia recipe Get ready to indulge! to get more great cooking ideas.