

Easy Baked Tilapia

This baked tilapia recipe is super easy. It only takes a few minutes to prepare, uses few ingredients, and is flavorful.

Recipe by [F. Gory](#)

Updated on March 8, 2023

Prep Time:

5 mins

Cook Time:

25 mins

Total Time:

30 mins

Ingredients

- 4 (4 ounce) fillets tilapia
- 2 teaspoons butter
- ½ teaspoon garlic salt, or to taste
- ¼ teaspoon seafood seasoning (such as Old Bay®), or to taste
- 1 lemon, sliced
- 1 (16 ounce) package frozen cauliflower with broccoli and red pepper
- salt and ground black pepper to taste

Directions

1. Preheat the oven to 375 degrees F (190 degrees F). Grease a 9x13-inch baking dish.
2. Place tilapia fillets in the bottom of the baking dish, then dot with butter and season with garlic salt and seafood seasoning.
3. Top each fillet with a slice or two of lemon.
4. Arrange frozen mixed vegetables around fillets and season lightly with salt and pepper. Cover the dish with aluminum foil.
5. Bake in the preheated oven until vegetables are tender and fish flakes easily with a fork, 25 to 30 minutes.
6. Serve hot and enjoy!