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Easy Lemon Garlic Baked Tilapia The Stay At Home Chef

This recipe uses Tilapia, which is an incredibly common and less expensive white fish. It s a great option to eat fish on a budget. You can use any white fish with this recipe though so feel free to experiment with what is available in your area.

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Easy Spicy Lemon Garlic Baked Tilapia Recipe Video

This easy Spicy Lemon Garlic Baked Tilapia takes all of 5 minute of preparation time before you pop it in the oven. Pair it with saut ed vegetables and steamed rice for a hearty meal.

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Easy Baked Tilapia Recipe Easy Recipe Depot

For this recipe we re going to show you just the very basic way to prepare a delicious tilapia fillet. Feel free to add herbs, spices and flavors to your liking.For now, we re just going to use a little salt and pepper and bake it right in the oven to perfection!

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