

Citrus Baked Fish

A light and flavorful fish dish with a zesty citrus twist, perfect for a healthy dinner option.



Main Dish

25 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1 fillet of white fish (such as cod or tilapia)
- 1 lemon
- 1 orange
- 2 cloves of garlic, minced
- 2 tablespoons olive oil
- Salt and pepper to taste
- Fresh herbs for garnish (optional)

Steps

- 1 Preheat the oven to 375°F (190°C).
- 2 Slice half of the lemon and half of the orange into rounds.
- 3 Place the fish fillet on a baking dish and season with salt and pepper.
- 4 Lay the citrus slices on top of the fish.
- 5 In a small bowl, mix the juice of the other half of the lemon and orange with minced garlic and olive oil.
- 6 Pour the citrus-garlic mixture over the fish.
- 7 Bake in the oven for 15–20 minutes or until the fish is cooked through.
- 8 Garnish with fresh herbs before serving.