

Honey-Glazed Tilapia with Lemongrass and Spices

A succulent tilapia dish with a sweet honey glaze infused with lemongrass and aromatic spices.


20 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1 tilapia fillet
- 1 tablespoon honey
- 1 stalk lemongrass, thinly sliced
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- Salt and pepper to taste
- 1 tablespoon olive oil

Steps

- 1 Preheat oven to 375°F (190°C).
- 2 In a small bowl, mix honey, lemongrass, paprika, cayenne pepper, salt, and pepper.
- 3 Place the tilapia fillet on a baking sheet lined with parchment paper.
- 4 Brush the honey mixture over the tilapia.
- 5 Drizzle with olive oil.
- 6 Bake for 12-15 minutes or until the fish is cooked through.
- 7 Serve hot and enjoy!