

Lemon Herb Grilled Fish

This refreshing grilled fish recipe is infused with zesty lemon and aromatic herbs, making it a light and flavorful meal perfect for any occasion. Enjoy the taste of the sea with a burst of citrus.


15 min

Total time

easy

Difficulty

220

kcal / serving

Ingredients

- 1 fillet of white fish (like tilapia or cod)
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- Salt and pepper to taste
- Lemon wedges for serving

Steps

- 1 Preheat your grill or grill pan over medium heat.
- 2 In a small bowl, mix olive oil, lemon juice, oregano, garlic powder, salt, and pepper.
- 3 Brush the fish fillet with the marinade on both sides.
- 4 Place the fish on the grill and cook for about 3-4 minutes on each side, or until the fish is opaque and flakes easily with a fork.
- 5 Remove from the grill and serve with lemon wedges.