

Lemon Herb Grilled Fish Fillet

This refreshing lemon herb grilled fish fillet is perfect for a light, healthy meal. The zesty marinade enhances the natural flavors of the fish, making it a delightful dish that's easy to prepare.


25 min

Total time

Easy

Difficulty

220

kcal / serving

Ingredients

- 1 fish fillet (such as tilapia or cod)
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- Salt and pepper to taste
- Lemon wedges for serving

Steps

- 1 In a small bowl, mix olive oil, lemon juice, oregano, thyme, salt, and pepper.
- 2 Marinate the fish fillet in the mixture for at least 15 minutes.
- 3 Preheat a grill or grill pan over medium heat.
- 4 Place the marinated fish on the grill and cook for about 3-4 minutes on each side, or until the fish flakes easily with a fork.
- 5 Serve immediately with lemon wedges.