

SHEET PAN GARLIC BUTTER TILAPIA

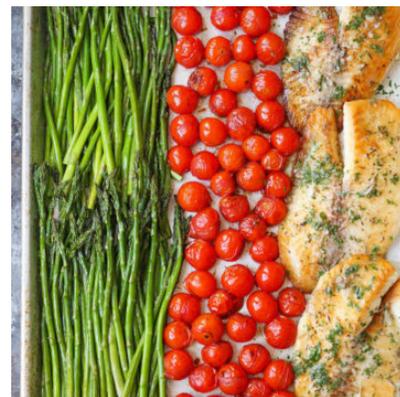
yield: 4 SERVINGS prep time: 15 MINUTES cook time: 15 MINUTES total time: 30 MINUTES

30 min. ONE sheet pan. Done and done. With the butteriest, flakiest fish ever! With roasted asparagus and cherry tomatoes.

★★★★★ 4.67 stars (12 ratings)

INGREDIENTS:

- 1/4 cup unsalted butter, melted
- 4 cloves garlic, minced
- 2 tablespoons freshly squeezed lemon juice, or more, to taste
- 1 teaspoon Italian seasoning
- 1 pound asparagus, trimmed
- 4 tablespoons olive oil, divided
- Kosher salt and freshly ground black pepper, to taste
- 4 (6-ounce) tilapia fillets
- 1 1/2 cups cherry tomatoes
- 2 tablespoons chopped fresh parsley leaves



DIRECTIONS:

1. Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. In a small bowl, whisk together butter, garlic, lemon juice and Italian seasoning; reserve 2 tablespoons and set aside.
3. Place asparagus in a single layer onto one side of the prepared baking sheet. Stir in 2 tablespoons olive oil; season with salt and pepper, to taste.
4. Place tomatoes in a single layer in the middle of the prepared baking sheet. Stir in remaining 2 tablespoons olive oil; season with salt and pepper, to taste.
5. Place tilapia in a single layer onto the opposite side of the prepared baking sheet. Drizzle with butter mixture.
6. Place into oven and bake until fish flakes easily with a fork and the tomatoes begin to burst and have softened, about 11-13 minutes.
7. Serve with reserved butter mixture, garnished with parsley, if desired.