



Parmesan Crusted Tilapia Recipe

A Fishy Story from My Kitchen

I remember making this for my grandson, Leo. He was sure he hated fish. He took one tiny bite. His eyes got wide. He asked for a second piece! I still laugh at that.

This recipe is a little trick. The crispy, cheesy top makes everything better. It turns a simple fish into a special dinner. Have you ever changed your mind about a food you thought you hated?

Why This Simple Meal Matters

Life can be so busy. We forget to sit down and share a meal. Cooking

something easy like this helps. It brings everyone to the table without stress.

That time together is the real magic. It is not just about the food. It is about the stories and the laughter. That is what fills you up.

Let's Get Our Hands Dirty

First, mix your bread crumbs and cheese. Add all those good spices. Doesn't that smell amazing? Drizzle in the melted butter. It will look like wet sand.

Now, spoon that sandy mix right onto the fish. Cover it all up. Pop it in the hot oven. In less than 20 minutes, you have a crispy, golden dinner. What is your favorite quick meal to make on a busy night?

A Little Secret for the Best Crust

Here is my little trick. At the very end, turn on the broiler. Just for one minute! Watch it like a hawk. This gives the top a perfect, golden crunch.

Fun fact The Parmesan cheese gets all bubbly and toasty under the broiler. It makes the flavor so much richer. This small step makes a big difference.

The Final Touch

When the fish comes out, do not forget the lemon. A big squeeze of fresh lemon juice is key. It makes the whole dish taste bright and happy.

That little bit of acid cuts through the rich, cheesy crust. It balances

everything on your plate. Do you like lemon on your fish, or do you prefer a different sauce?



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Ingredients:

| Ingredient | Amount | Notes |
|-----------------------|----------------------|----------------------------|
| seasoned bread crumbs | 1/2 cup | * |
| Parmesan cheese | 1/2 cup | finely grated |
| garlic powder | 1/2 teaspoon | |
| onion powder | 1/2 teaspoon | |
| coarse Kosher salt | 1/2 teaspoon | |
| ground black pepper | 1/2 teaspoon | |
| butter | 3 tablespoons melted | |
| tilapia filets | 4 large | sizing and weight may vary |
| fresh lemon | | for serving |

My Crispy Fish Supper

I love a good fish supper. It feels fancy but is so simple to make. This Parmesan Crusted Tilapia is one of my favorites. The topping gets all golden and crunchy. It reminds me of Friday nights with my family.

See also Rocky Road Brownie Bliss with Marshmallows and Almonds

The secret is in the cheesy breadcrumb mix. It smells so good when you stir it all together. I always use my favorite yellow bowl for this. Doesn't that smell amazing? Let's get our hands dusty and make some magic.

Ingredients

- 4 tilapia filets

- 1 cup bread crumbs
- 1/2 cup grated Parmesan cheese
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon black pepper
- 1/4 cup melted butter

Instructions

Step 1: First, turn your oven on to 400°F. This gets it nice and hot for our fish. Line a baking sheet with parchment paper. I never skip this step. It makes cleanup so much easier. I learned that the hard way!

Step 2: Now, let's make the crust. Grab a medium bowl. Put the bread crumbs, Parmesan cheese, and all those spices in it. Give it a good stir with a fork. Then drizzle in the melted butter. It will look like wet sand at the beach. (A hard-learned tip: Grate your own Parmesan if you can. It sticks to the fish much better than the powdery kind.)

Step 3: Place the tilapia filets on your prepared baking sheet. They should not be touching. Now, spoon that wonderful crumb mix over each one. Press it down gently with your fingers. You want a good, thick coat. This is what makes it so crispy.

Step 4: Time to bake! Pop the baking sheet into the hot oven. Let it cook for about 17 to 20 minutes. The fish should flake easily with a fork. For a final touch, turn on the broiler for just one minute. Watch it like a hawk! This gives it a beautiful golden color. Do you prefer your fish with lemon or a different sauce? Share below!

Cook Time: 17-20 minutes

Total Time: 25 minutes

Yield: 4 servings

Category: Dinner, Seafood

Three Tasty Twists

This recipe is like a good friend. It's wonderful as it is, but it's also happy to change. You can dress it up in so many fun ways. I love trying new things in my kitchen. It keeps cooking exciting.

Lemon Zest & Herb: Add the zest of one lemon and a tablespoon of fresh parsley to the crumbs. It makes the whole kitchen smell like a summer garden.

See also [Elderflower Spritz Refreshing Summer Cocktail Recipe](#)

A Little Spicy Kick: Mix a half teaspoon of paprika or a pinch of cayenne into the dry ingredients. It gives the fish a warm, happy glow.

Dill & Cucumber Cool: Use panko breadcrumbs and add a teaspoon of dried dill. Serve with a cool yogurt and cucumber sauce. It feels so fresh.

Which one would you try first? Comment below!

What to Serve With Your Fish

A perfect plate makes a meal special. For this tilapia, I like to keep the sides simple and bright. They should complement the crispy fish, not fight with it. A squeeze of fresh lemon is a must. I still laugh at my grandson who used to call it "sour sauce."

My favorite side is a pile of roasted asparagus. Some buttery rice or mashed potatoes are wonderful, too. They soak up all the lovely flavors. A simple green salad with a light dressing is also a great choice. It adds

a nice, crisp freshness to your plate.

For a drink, a glass of chilled white wine pairs beautifully. For a non-alcoholic treat, try sparkling water with a slice of lemon. It's so refreshing. Which would you choose tonight?



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Keeping Your Tilapia Tasty

Let's talk about keeping your fish for later. In the fridge, it stays good for two days. Just cover it well with foil.

For the freezer, wrap each piece alone. I use plastic wrap first. Then I put them all in a big bag.

I once reheated some in a hot pan. It kept the crust so nice and crunchy. The oven works well too, at 350 degrees.

This matters because a good meal should never go to waste. Batch cooking saves you time on a busy night. You can have a great dinner ready fast.

Have you ever tried storing it this way? Share below!

Simple Fixes for Common Hiccups

Sometimes the crust can fall off. To fix this, pat the fish dry first. A damp fish won't hold the crumbs well.

I remember when my topping burned under the broiler. I was so sad. Now I never walk away from it.

If your fish tastes bland, you need more salt. Seasoning the fish itself helps a lot. This makes every single bite delicious.

Getting these little things right builds your confidence. It also makes your food taste so much better. You will feel like a real chef.

See also Spicy Loaded Fries with Cheese

Which of these problems have you run into before?

Your Tilapia Questions Answered

Q: Can I make this gluten-free? A: Yes! Just use your favorite gluten-free bread crumbs.

Q: Can I prepare it ahead? A: You can mix the crumbs early. Keep them in a bowl until dinner.

Q: What cheese can I swap? A: Try grated Romano cheese. It has a nice, sharp taste.

Q: Can I make more for guests? A: Of course. Just use a bigger baking sheet.

Q: Any extra tips? A: A squeeze of fresh lemon at the end is magic. A fun fact: Tilapia is one of the oldest farmed fish in the world!

Which tip will you try first?

Until Next Time

I hope you love this simple recipe. It always reminds me of sunny days by the lake. Cooking should be fun and easy.

I would be so happy to see your creation. It makes my day to see your kitchen wins.

Have you tried this recipe? Tag us on Pinterest!

Happy cooking!



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—Elowen Thorn.

You need to try !

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Parmesan Crusted Tilapia Recipe

Author: Elowen Thorn

Cooking Method:[Baking](#)

Cuisine:[American](#)



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Courses: [Main](#)

Difficulty: **Beginner**

Prep time: **5 minutes**

Cook time: **15 minutes**

Rest time:

Total time: **20 minutes**

Servings: **4 servings**

Calories: **280 kcal**

Best Season:**Summer**

Description

These chewy butterscotch bars mix rich brown sugar with sweet chips

for the perfect homemade treat. Bake them fast with simple pantry ingredients.

Ingredients

- 1/2 cup seasoned bread crumbs*
- 1/2 cup Parmesan cheese (, finely grated)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon coarse Kosher salt
- 1/2 teaspoon ground black pepper
- 3 tablespoons butter (, melted)
- 4 large tilapia filets (, sizing and weight may vary)
- fresh lemon (, for serving)

Instructions

1. Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper. Set aside.
2. In a medium bowl, combine the 1/2 cup seasoned bread crumbs*, 1/2 cup Parmesan cheese, 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder, 1/2 teaspoon coarse Kosher salt and 1/2 teaspoon ground black pepper. When mixed, drizzle in the melted 3 tablespoons butter. It will resemble wet sand.
3. Place the 4 large tilapia filets onto the prepared baking sheet. Spoon the breadcrumb mixture over the top of each evenly.
4. Bake the filets for 17-20 minutes. At the very end, turn on the broiler for 1 minute just to get a little browning. Watch carefully to not burn!
5. Remove and serve with fresh lemon or sauce of your choice.
6. If you've tried this recipe, come back and let us know how it was in

the comments or ratings.

Keywords:Tilapia, Parmesan, Fish, Seafood