

# AIR FRYER TILAPIA

## INGREDIENTS

- 4 tilapia fillets
- 2 tbsp. olive oil or olive oil spray
- ½ tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. salt
- ½ tsp. black pepper
- Fresh chopped parsley
- Lemon juice



## PREPARATION

1. In a small bowl mix together the spices and set aside.
  2. Place the tilapia fillets on a large plate and rub or spray with olive oil on both sides.
  3. Season both sides of the filets with the seasoning.
  4. Cook at 400°F for 8 to 10 minutes or until the skin has become flakey.
  5. Garnish with freshly chopped parsley and a squeeze of lemon juice.
- Enjoy!

