

AIR FRYER HEALTHY WHITE FISH WITH GARLIC & LEMON



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Tilapia Filets	2	12 oz.	
Garlic Powder	1/2 Tsp.	Sea Salt	To Taste
Lemon Pepper Seasoning	1/2 Tsp.	Black Pepper, Cracked	To Taste
Onion Powder(Optional)	1/2 Tsp.	Chopped Parsley	2 Tbsp.
Olive Oil	2 Tsp.	Lemon Wedges	2 Slices



PREPARATION

- ✔ Preheat your air fryer to 375°F.
- ✔ In a small bowl, combine the garlic powder, lemon pepper seasoning, onion powder (if using), sea salt, and black pepper.
- ✔ Rub the spice mixture on both sides of the tilapia fillets with your hand.
- ✔ spray enough olive oil spray at the base of the air fryer basket to make sure the fish does not stick
- ✔ Place the seasoned tilapia filets in the preheated air fryer, and cook for 8-10 minutes, or until the fish is cooked through and flakes easily with a fork.
- ✔ Once cooked, remove the tilapia filets from the air fryer basket and sprinkle them with chopped parsley.
- ✔ Serve the air fryer healthy white fish with garlic & lemon hot, with lemon wedges on the side for squeezing over the fish. Enjoy!