

# Broiled Tilapia with Garlic

## Ingredients

6 Tilapia Fillets  
2 garlic cloves, crushed  
3 tsp extra virgin olive oil  
1 tsp oregano  
1 tsp parsley  
Salt & pepper  
1 lemon



## Directions

Line broiler pan with tin foil. Place fish on foil and season with salt, pepper, oregano and parsley. Drizzle with olive oil and top with crushed garlic.

Set broiler to low and place fish about 8 inches from flame. Cook until fish is cooked through about 7 minutes. Be careful not to burn.

Serve with fresh lemon.

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