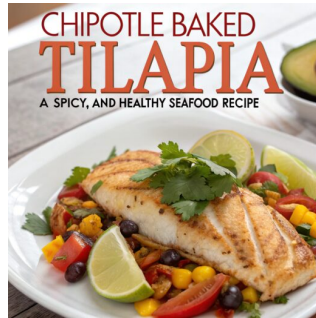


Chipotle Baked Tilapia: A Spicy and Healthy Seafood Recipe

To make this Chipotle Baked Tilapia, you will need the following ingredients:



OVEN
375°F

TIME
10 min

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INGREDIENTS

- 4 tilapia fillets (about 4-6 ounces each)
- 1 tablespoon olive oil
- 1 tablespoon chipotle seasoning
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 lime, sliced

DIRECTIONS

1. Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a small bowl, mix together the chipotle seasoning, garlic powder, onion powder, paprika, salt, and black pepper.
3. Place the tilapia fillets on the prepared baking sheet and drizzle with olive oil.
4. Sprinkle the seasoning mixture over the tilapia fillets, making sure to coat both sides evenly.
5. Place a few slices of lime on top of each fillet.
6. Bake for 12-15 minutes, or until the fish is cooked through and flakes easily with a fork.
7. Serve hot and enjoy!
8. Pro tip: To add an extra layer of flavor, you can marinate the tilapia fillets in the seasoning mixture for 30 minutes before baking. This will allow the flavors to penetrate the fish and make it even more delicious.

TIPS FOR SUCCESS

If you prefer a milder spice level, you can adjust the amount of chipotle seasoning used in this recipe.

You can also substitute it with your favorite seasoning blend. 2.

For a crispy and golden crust, broil the tilapia for the last 2-3 minutes of baking time. 3.

This recipe can also be made on the grill.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/chipotle-baked-tilapia-a-spicy-and-healthy-seafood-recipe/>