



### Pine Nut & Horseradish Crusted Tilapia

Pine nut & horseradish crusted fish is a quick and easy fish recipe that you can prepare anytime. Tilapia is the most common fish used for this recipe, but any delicate white fish will work beautifully.

#### Ingredients

- 2 ounces fish fillet
- 1/4 cup grated Parmesan cheese
- 1/2 cup pine nuts chopped
- 1/2 teaspoon paprika
- 1/2 teaspoon fresh horseradish
- 1 teaspoon parsley flakes (dried)
- 1/2 teaspoon ground black pepper
- 2 tablespoons olive oil

#### Instructions

Pre-heat the oven to 350 degrees Fahrenheit.

Combine the Parmesan cheese, pine nuts, horseradish paprika, parsley flakes, and ground black pepper. Mix well.

Rub the olive oil on the fish fillets.

Coat the fish with the mixture. Let stand for 10 minutes.

Arrange the fish in a baking tray and then bake for 12 to 15 minutes.

Transfer to a serving plate.

Serve. Share and enjoy!