

Quick & Easy

THE COSTCO WAY

Baked Tilapia with Lemon Butter

Makes 4 servings

Ingredients:

¼ cup unsalted butter, melted
4 garlic cloves, chopped
2 Tbsp lemon juice
Zest of 1 lemon
1 cup panko
½ cup Parmesan cheese, grated
½ tsp red pepper flakes (optional)
3 Tbsp parsley, chopped, divided
4 – 6 oz Kirkland Signature Tilapia Fillets
¼ tsp pepper
½ tsp salt
2 Tbsp capers
2 lemons, halved

Instructions:

Preheat the oven to 425 F. Lightly spray a baking dish or baking sheet with nonstick spray. In a small bowl, combine butter, garlic, lemon juice, and lemon zest. Set aside. In another small bowl combine panko, Parmesan, red pepper flakes and 1 Tbsp parsley. Set aside.

Place tilapia on the baking dish. Drizzle with half the butter mixture. Season with pepper and salt, to taste. Top with panko mixture. Drizzle with remaining butter mixture. Top with capers. Bake until fish flakes easily with a fork, or until internal temperature reaches 145 F, about 15 to 20 minutes. Garnish with lemon and remaining 2 Tbsp parsley.

For more recipe ideas, go to [Costco.com](https://www.costco.com) and search: **Quick & Easy**



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THE COSTCO WAY

Tilapia Wrapped in Parchment Paper

Makes 4 servings

Ingredients:

4 pieces of parchment paper or foil
4 – 6 oz Kirkland Signature Tilapia Fillets
2 Tbsp olive oil
4 tsp red wine vinegar
Salt and pepper, to taste
4 garlic cloves, chopped
½ tsp red pepper flakes
4 tsp thyme, chopped
2 small shallots, minced
12 to 15 grape tomatoes, halved
4 Tbsp butter, cubed
2 lemons, sliced, divided
4 fresh dill sprigs

Instructions:

Preheat the oven to 425 F. Cut 4 pieces of parchment paper into a heart shape, a few inches longer than the fillet. Fold in half. Lay each fillet on one half of the parchment paper. Drizzle with oil and vinegar. Sprinkle with salt, pepper, garlic, red pepper flakes, thyme and shallots. Top each fillet with tomatoes, 1 to 2 butter cubes, 1 lemon slice and 1 dill sprig. Fold the parchment paper over the fillet to seal and form a packet.

Place on a baking sheet. Bake for 15 to 20 minutes, or until internal temperature reaches 145 F. Remove from the oven. Cut a slit on the top of the parchment paper before unwrapping to release steam. Remove the fillet from the packet. Place on a serving dish. Garnish with remaining lemon slices. Drizzle with the sauce in the packet. Serve with your veggie of choice.

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