



Mustard-Pecan Baked Tilapia

Flavored with a Dijon mustard topping mixed with chopped pecans this baked Tilapia is a dish with perfect with a slightly spicy crunch. It's hard to believe that so much flavor could come from so few ingredients!

Ingredients

1 tablespoon butter
1/2 cup mayonnaise
1/4 cup Dijon mustard
1 pound tilapia fillets
1/4 cup @yumtee_nuts finely chopped pecans

Steps

Preheat oven to 350 F. Lightly butter a large, shallow baking pan, such as a jelly roll pan.
greased baking dish

In a small bowl, combine mayonnaise and mustard.

Using paper towels, pat fish lightly to dry.

Arrange fish fillets in prepared pan.

Spread mayonnaise mixture over each fillet.

Sprinkle with chopped pecans; press down gently.

Bake for 12 to 15 minutes, until fish flakes easily with a fork.