



Simply Baked Swai Fish

This simple and flavorful recipe features swai, a mild white fish often available at Beyond Hunger as an alternative to cod or tilapia. With just a few pantry spices and a quick bake, you can have a satisfying meal ready in minutes. No need to defrost; bake directly from frozen!

Serves: 4

Serving Size: 1 (4-oz) fillet

Ingredients

- 1 pound swai fish fillets, frozen
- ½ teaspoon seasoned salt
- 1 teaspoon ground black pepper
- 1 teaspoons garlic powder
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- Optional: red pepper flakes
- 2 tablespoons extra virgin olive oil
- Juice of one lemon

Directions

1. Preheat oven to 400°F.
2. In a bowl, mix salt, black pepper, garlic powder, paprika, onion powder, oregano, and red pepper flakes, if using.
3. Coat fish in olive oil and rub spices on both sides of fish.
4. Line a baking sheet with parchment paper and place seasoned fillets on top, one inch apart.
5. Bake for 15 minutes, or when internal temperature reaches 145 degrees.
6. Squeeze lemon juice all over.
7. Serve as part of a balanced meal with veggies and rice!

Nutrition Info per serving:

Calories: 332, Saturated Fat: 2.8 g, Sodium: 392 mg, Added Sugars: 0 g, Fiber: 0 g

Recipe adapted from: <https://www.myelecticbites.com/quick-easy-swai-fish-oven-baked/>