

DINNER

Bacon-Parmesan-crusted Tilapia

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$3.68	742 kcal

Bacon-Parmesan-crusted Tilapia takes around 45 minutes from beginning to end. For \$3.68 per serving, you get a main course that serves 4. One serving contains 742 calories, 48g of protein, and 42g of fat. 1 person were impressed by this recipe.

Ingredients

☐ 1½ cups soft breadcrumbs	☐ 4 tablespoons butter, divided
☐ 8 bacon slices, cooked and crumbled	☐ 2 large eggs
☐ ½ cup all-purpose flour	☐ 4 servings Garnish: lemon wedges
☐ 4 tablespoons olive oil, divided	☐ ½ cup grated Parmesan cheese
☐ 2 tablespoons chopped fresh Italian parsley	☐ ½ teaspoon freshly ground pepper
☐ 1 teaspoon salt	☐ 20 ounce tilapia fillets

EQUIPMENT Bowl, Frying pan, Whisk

Method

- 1 Combine first 4 ingredients in a shallow dish. Set aside.
- 2 Place flour in a shallow dish.
- 3 Whisk eggs in a medium bowl.
- 4 Sprinkle fish with salt and pepper, and dredge in flour. Shake off excess, dip fish into egg, and press gently into breadcrumb mixture.

- 5 Heat 2 tablespoons butter and 2 tablespoons oil in a large heavy skillet over medium heat until butter melts.
- 6 Add 2 fish fillets; cook 3 minutes on each side or until golden. Repeat with remaining butter, oil, and fish.
- 7 Garnish, if desired.

Nutrition per serving

742	48 g	42 g	43 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			15.1 g · 94% of daily needs
Fibre			2.4 g · 10% of daily needs
Sugar			2.7 g · 3% of daily needs
Sodium			1,566 mg · 68% of daily needs
Cholesterol			221 mg · 74% of daily needs
Vitamin C			3.2 mg · 4% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/bacon-parmesan-crust-ed-tilapia-148198