Miso Sesame Seeds Baked Fish

NIBBLEDISH CONTRIBUTOR

Ingredients

- 3 Tilapia fish fillets
- 1 Tbsp. Miso paste
- 1 Tbsp. hot/warm water
- 1 tsp. sesame oil
- Sprinkle of black and white sesame seeds
- Canola oil spray

Instructions

1. Preheat your oven to 450'F.
2. Cover your baking pan with foil and place the fish fillets on top.
3. In a bowl, soften the miso paste with warm water by stirring with a spoon. Add sesame oil and mix well. Take some of this paste and spread all over the top of each of the fish fillets. Then, sprinkle the top of the fish fillets with black and white sesame seeds. Lastly, spray the fish fillets with some canola oil.
4. Place in the oven uncovered and bake for 10 mins. Serve hot.