Panko Tilapia with Hawaiian Butter Sauce

Cooking Instructions

This dish includes 2 parts: Tilapia and Hawaiian Butter Sauce.

Soften Hawaiian Butter Sauce and stir gently. If needed, the butter can be softened in the microwave over low heat for a short time.

For Best Results: Transfer filets to a greased baking sheet – this allows the heat to circulate better around the filets while cooking!

Tilapia Cooking Method:

Freezer to Oven: Preheat oven to 400F and bake 30-40 minutes until fish is flaky.

Internal Temperature: 145F

Serving Suggestions: Serve tilapia topped with Hawaiian Butter Sauce. White rice, sugar snap peas. Pinot Grigio.

Please Note: Cooking times are estimates and vary based on your actual oven, stovetop, or slow cooker, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.

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