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Cajun Tilapia and Carrots ♦♦

Cajun Tilapia and Carrots is a delicious and flavorful dish that combines the mildness of tilapia with the spiciness of Cajun seasoning. The tilapia fillets are seasoned with a blend of Cajun spices and cooked until tender and flaky. The carrots are roasted with olive oil, salt, and pepper until they are caramelized and tender. This dish is perfect for a quick and easy weeknight dinner.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Tilapia Fillets
400 g	Carrots
2 tsp	cajun seasoning
2 tbsp	olive oil

1 tsp	salt
1 tsp	pepper

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Baking

Place the tilapia fillets on a baking sheet lined with parchment paper. Sprinkle the Cajun seasoning, salt, and pepper over the fillets.

Prep Time: 5 mins

Cook Time: 15 mins

Step 3

Baking

In a separate baking dish, toss the carrots with olive oil, salt, and pepper. Spread them out in an even layer.

Prep Time: 5 mins

Cook Time: 20 mins

Step 4

Baking

Place both the baking sheet with the tilapia fillets and the baking dish with the carrots in the preheated oven. Bake for 15-20 minutes, or until the tilapia is cooked through and the carrots are caramelized and tender.

Prep Time: 0 mins

Cook Time: 20 mins

Step 5

Serving

Serve the Cajun tilapia fillets with the roasted carrots. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 7 g

Protein: 30 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	4 g	10.53%	16%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	20 mg	0.59%	0.77%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	15 mg	136.36%	187.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Picnic

Course

Drinks Salads Soups Snacks

Cultural

Chinese New Year

Cost

\$30 to \$40

Demographics

Teen Friendly Lactation Friendly Allergy Friendly Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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