



BLACKENED FISH

INGREDIENTS

1 lb White Fish (I used
Halibut)
1.5 TB Paprika
1 TB Garlic Powder
1 TB Onion Powder
1 tsp Dried Basil
1 tsp Dried Oregano
1 tsp Cayenne Pepper
1-2 tsp Salt

DIRECTIONS

1. Heat oven to 375 degrees F.
2. In a small bowl mix the paprika, garlic powder, onion powder, basil, oregano, and cayenne pepper, salt together. Set aside
3. Next, heat a cast iron pan. Add butter. Coat both sides of fish with the seasoning and add fish to the pan when it's hot. Fry the first side for roughly 3 minutes then flip fish. If it's seared correctly it should flip without sticking to the pan.
4. Once flipped keep on heat for 1-2 minutes and then add pan to the oven to finish cooking.
5. If fish is thin, cook roughly 8-10 minutes. If fish is thick cook between 12-15 minutes or until the center is done.
6. Serve with rice and broccoli or your favorite sides!

NOTES

It's important for pan to be hot before adding fish. Not so hot it will burn but hot enough you will get a good sear so the fish won't stick. Butter should be melted and just starting to brown when you add the fish!