

ROASTED BLACKENED FISH

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KITCHEN



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Perk up your tastebuds with this flavorful, only slightly spicy, blackened fish recipe. Double or triple the seasoning blend recipe and store it in a tightly sealed jar to have ready for flavoring seafood, chicken, pork, or veggies. If smoked paprika is not available, sweet paprika can be used instead.

SERVING SUGGESTIONS

- over cheesy polenta or risotto
- alongside sautéed fresh greens
- in tortilla shells with taco fixings
- on a green salad with a creamy avocado dressing

4 Servings

INGREDIENTS

Seasoning Blend

- 1 tablespoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon Kosher salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground black pepper

Fish

- 4 white fish fillets, thawed (Mahi Mahi, Haddock, Catfish, Tilapia, Sole, Cod, Walleye, Halibut or another favorite)
- 2 tablespoons olive or avocado oil
- Lemon wedges

DIRECTIONS

1. Preheat the oven to 425°F. Line a sheet pan or baking dish with parchment paper or foil, and spray it lightly with cooking spray.
2. In a small bowl, mix together all of the seasoning blend ingredients until well combined.
3. Pat the fish fillets dry with a paper towel and lay them on to the prepared pan. Brush each fillet lightly with oil, then sprinkle the seasoning blend evenly and completely over the top of each fillet.

4. Roast the fish fillets in the preheated oven for 10 - 14 minutes. Cooking time will vary by the type and size of the fish fillets. Internal temperature should reach 145°F, and the fish should flake easily in the center with a fork.

5. Remove the pan from the oven, and transfer the fish fillets to individual serving plates or a platter. Serve as desired with lemon wedges for spritzing over top.