

Big Daddy's Blackened Tilapia

Recipe courtesy Aaron McCargo Jr.

Prep Time: 10 min Inactive Prep Time: 15 min Cook Time: 6 min Serves: 4 servings

Ingredients

Blackening Spice:

- 3 tablespoons smoked paprika
- 1 teaspoon salt
- 1 tablespoon onion powder
- 1 teaspoon ground black pepper
- 1 teaspoon cayenne pepper
- 1 teaspoon dried ground thyme
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder

For Fish:

- 4 tilapia fillets
- 2 tablespoons grape seed oil
- 1/2 lemon, juiced

Directions

In a small bowl combine all of the spices. Press a heaping tablespoon of the spice mix onto each fillet so that both sides are liberally coated. Allow the fish to sit for 15 minutes at room temperature prior to cooking.

In a large skillet, heat the oil over medium-high heat. Once the oil is almost smoking, add the fillets and cook for 2 to 3 minutes on each side. Sprinkle with lemon juice and transfer the fillets to serving platter.