

CAJUN PAN FRIED FISH



Ingredients

2-4 Fillets of Fish	Local white meat fish – i.e. Snapper, Tilapia or Sole
2-4 Tbsp.	Cajun Blend Seasoning
1 Lemon or Lime	Cut into thin slices with one slice through the skin
1 Tbsp.	Parsley
¼ Cup	Olive Oil

Directions

- Once the fish fillets are cleaned, dry them off with paper towel - it is important the fillets are dry to make sure the spices stick and to avoid the oil from popping.
- Sprinkle all of the Cajun Blend Seasoning on the fillets and pat the seasoning on the fillets to make it stick – be sure to coat the fillets generously (you can adjust per your preference).



- Now that the fillets are prepared, pre-heat a skillet on medium heat, preferably a non-stick skillet or wok with thick bottom to maintain heat.
- Add the olive into the skillet (covering bottom of skillet) and heat the oil until the oil just starts to smoke.
- Once smoke appears, immediately put the fillets in the skillet and they will start to sear and smoke, which is normal.
- Pending on the thickness of the fillets, let the fillets cook on one side for a minute (or until golden brown).
- Flip over the fillets and cook for 1 minute (or until golden brown) - do not overcook the fish.
- Once cooked, remove the fillets and put on dry sheet, paper towel or rack to remove any residual oil.
- While the fillets are still hot, you can sprinkle some more Cajun Blend and salt to taste.
- Finally sprinkle the fillets with parsley and top each fillet with a lemon slice.



This is a quick, healthy way to eat fish and you can compliment this dish with your favorite vegetables with the same recipe.

Serves 2 people and just adjust recipe for more servings.