



## Recipes

MISSIONFOODSERVICE.COM

### Blackened Fish

Serves 12

#### Ingredients:

4 tsp. Ground Black Peppers  
4 tsp. Ground Coriander  
1 tsp. Cayenne Pepper Sauce  
1 tsp. Paprika  
1 tsp. Garlic Powder  
1 tsp. Salt  
3 lbs. Halibut Fillets (or any preferred white fish)  
Canola Oil

#### Directions:

1. Combine all spices together. Thoroughly coat the fish with the seasoning.
2. Heat a skillet over high heat. Add the oil and the seasoned fish. Cook both sides of the fillet until cooked through.