



## 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.