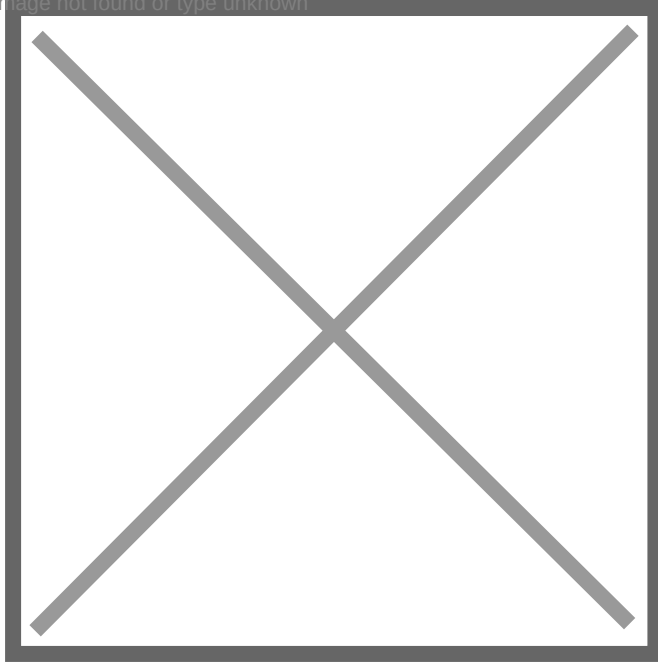




Blackened Tilapia

Savannah · 30/09/2024

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Prep Time

30 mins

Difficult

Medium

Servings

50 mins

Description

Easy blackened tilapia coated with an array of savory spices and served on white bread to soak up the delicious juices Do not underestimate the white bread It gets quite tasty from soaking up all the juices

Ingredients

- - 3 tablespoons paprika - 1 tablespoon onion powder - 1 tablespoon kosher salt
- or to taste - 1 teaspoon ground white pepper - 1 teaspoon ground black pepper - 1 teaspoon cayenne pepper
- or to taste - 1 teaspoon dried oregano - 1 teaspoon dried thyme - ½ teaspoon celery seed - 1 pinch garlic powder - 1 pound tilapia fillets - 1 tablespoon vegetable oil - 4 slices white bread - 1 lemon
- cut into wedges

Instructions

1. Mix together paprika
2. onion powder
3. salt
4. white pepper
5. black pepper
6. cayenne pepper
7. oregano
8. thyme
9. celery seed
10. and garlic powder in a large
11. shallow dish. Place tilapia fillets into the dish and coat well with spice mixture; allow to sit at room temperature for no more than 30 minutes. Heat a heavy skillet over high heat. Add oil and heat until almost smoking. Place fillets in hot oil and cook until opaque and fish flakes easily with a fork
12. about 3 minutes per side. Remove fillets onto white bread slices on a serving platter. Pour pan juices over the top and squeeze lemon juice all over.