

Blackened Tilapia

Ingredients

3/4 t Paprika
3/4 t Brown Sugar
1/2 t Dried Oregano
3/8 t Garlic Powder
1/4 t Cumin
1/8 t Cayenne
1/2 t Salt
2 Tilapia Fillets
1/2 Lime (cut into wedges)
1 T Olive Oil

Instructions

1. Combine the paprika, brown sugar, oregano, garlic powder, cumin, cayenne pepper and salt in a small bowl; mix until well combined. Sprinkle the spice rub evenly over both sides of the tilapia fillets.

2. Heat the olive oil over medium-high heat in a large cast iron pan. Cook the fillets for 2-3 minutes on each side until reddish-brown on the outside and flaky on the inside. Serve immediately with lime wedges.