



BLACKENED COBIA

Ingredients

4 pieces of Cobia

Olive oil

1 lemon

Blackening spice:

3 tablespoons smoked paprika

1 teaspoon salt

½ teaspoon garlic powder

1 teaspoon ground black pepper

1 tablespoon powdered onion

1 teaspoon dried oregano

1 teaspoon cayenne pepper

1 teaspoon dried thyme

Steps

1. Combine all spice ingredients and mix. Store in sealed container.
2. Pre heat a pan over medium high heat. Add olive oil to pan. Dredge the fish in the spice mix and place in pan when it's almost at smoking point.
3. Cook each side for about 3 minutes, remove from pan and add a squeeze a lemon to each piece.