



Garden Cut[®] Blackened Fish with Mango Salsa



INGREDIENTS:

12 oz. Garden Cut[®] Mango Salsa
4 fish filets (Chef Concetta suggests
Chilean Sea Bass)
canola oil, as needed
2 T hot paprika
2 t salt
2 t onion powder
2 t garlic powder
2 t cayenne pepper
2 t ground black pepper
1 t thyme
1 t oregano



INSTRUCTIONS:

To make blackened seasoning, place hot paprika, onion powder, garlic powder, cayenne pepper, ground black pepper, salt, thyme and oregano in a bowl and mix well. Stir in canola oil until it becomes a paste. Rub the marinade on both sides of the fish. Place in a resealable plastic bag and refrigerate for 30 minutes.

Preheat a cast iron skillet to medium high with canola oil. Sear the fish on both sides until the flesh is opaque, 4 minutes per side. Remove from pan and serve with mango salsa.

Mango Salsa

Item: 17695
Size: 12 oz X 4 ct
UPC: 053495333337



 **garden cut**
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