

fresh fish markets



featured recipe!

Baked Blackened Cod

Serves 4

Ingredients

2lb cod fillets (cut into 4 pieces)

1 stick of butter, melted

3 tablespoons Catch Blackened Seasoning

2 lemons

Directions:

Preheat oven to 450 degrees.

Cut lemons into slices then arrange on a baking sheet. Spray lightly with cooking spray before adding lemons.

Melt butter in a pie plate or other shallow dish; set aside.

Add blackened seasoning to a separate, similar size dish; set aside.

Pat cod fillets dry with paper towels or a clean kitchen towel. Working one at a time, dip fillets in butter, coating both sides, then allow excess butter to drip off each piece.

Gently lay the fish in the dish with the blacked seasoning to coat one side of the fish with seasoning.

Place the cod, seasoned side up, in the pan on top of the lemon slices.

Repeat until all pieces of cod are seasoned and arranged evenly in the baking dish.

Bake for 10-12 minutes or until fish is cooked through.