

# Blackened Mahi-Mahi

- 1 -2 lbs. Mahi-Mahi
- 1/2 cup Paprika
- 1 Tbsp Onion Powder
- 1 Tbsp Garlic Powder
- 2 tsp salt
- 1/2 tsp cayenne pepper
- 1 tsp black pepper
- 1 tsp dried Oregano
- 1 tsp dried Basil
- 1 oz vegetable oil
- 4 Mahi Filets
- 2 oz butter

Mix all ingredients together. Pat fish dry and then lightly oil. Use cooking spray if available. Dredge fish in spice mixture. Add 1 oz of butter to saute pan. Heat pan to high heat. When the pan is hot, and the butter is browning, add fish to pan. Cook until blackened on first side and then turn over and blacken the other side.

Only turn one time. Use generic Cajun seasoning instead of spice mixture if you have it on hand.