

Louisiana Blackened Fish

Ingredients

2 White Fish Fillets

4 Tablespoons of OHC Co. Jamaican Spice Rub

25g of Butter

*OHC Co. Chilli Savory Oil
for dressing*

Directions

Lightly coat both sides of the fish fillets with melted butter.

Sprinkle OHC Co. Jamaican Spice Rub generously on both sides of the fish. Then transfer the buttered & seasoned fish to a very hot skillet, (it can't be too hot.) Add a teaspoon of melted butter on top of the fish.

After about 2 minutes, turn the fish over for another 2 minutes. There will be plenty of smoke as the fish blackens.

Serve hot with a light drizzle of OHC Co. Chilli Savory Oil.