

Blackened Tilapia



Ingredients

1-1/2 teaspoons paprika	1-1/2 teaspoons light brown sugar
1 teaspoon dried oregano	3/4 teaspoon garlic powder
1/2 teaspoon cumin	1/4 teaspoon cayenne pepper
1 teaspoon salt	4 six-ounce tilapia fillets
1 lime (or lemon), cut into wedges (optional, for serving)	

Olive oil, for cooking

Directions

Combine the paprika, fine brown sugar (broken up), oregano, garlic powder, cumin, cayenne pepper and salt in a small bowl; mix until well combined. Sprinkle the spice rub evenly over both sides of the tilapia fillets.

Heat two tablespoons of the olive oil over medium-high heat in a large non-stick pan. Cook the fillets for 2-3 minutes on each side until reddish-brown on the outside and flaky on the inside. Serve immediately with lime wedges.

Servings: 4 Prep Time: 6 Minutes Total Time: 15 Minutes