

Blackened Red Snapper

Ingredients

- 100 grams red snapper

Makes 1 serving (1 protein)
20 grams protein
2 grams fat
110 calories

Blackening Spice Mix

- 2 teaspoons paprika
- 4 teaspoons thyme
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1 teaspoon cayenne pepper
- 2 teaspoons oregano
- ½ teaspoon cumin
- ½ teaspoon nutmeg powder
- 2 teaspoons sea salt
- 2 teaspoons black pepper
- Stevia to taste

Directions

1. Mix spices well in shaker jar.
2. On a paper plate remove enough of the spice mixture to coat pieces of fish thoroughly.
3. Preheat a skillet to high heat.
4. Add fish dry and cook quickly until spices are blackened and fish is cooked completely.
5. Serve hot.
6. Garnish with lemon and fresh parsley.
7. Save the rest of the blackened spice mixture to use later.
Works well with chicken also.

