

MOURAD'S BLACKENED SALMON OR SWORDFISH



DIRECTIONS

1. Rinse the fish, pat dry and set aside.
2. In a large mixing bowl, combine all the other ingredients
3. Spray a large skillet with oil and heat on the stove on medium high.
4. Lightly spray the fish with oil. Coat each portion on all sides and cook for 4 to 5 minutes until a crust is formed. Flip and cook for 2 to 3 minutes until browned.

Enjoy!

SHOPPING LIST

2 lbs boneless skinless salmon or swordfish, cut in 5 to 7 oz portions

2 lemons finely zested

¼ cup cornmeal

¼ cup flour

1 tbsp finely chopped fresh rosemary

1 tbsp dried oregano

1 tbsp garlic salt

1 tsp smoked paprika

1 tsp cayenne pepper

1 tsp coarse black pepper

Cooking oil spray