

Cajun Blackened Redfish





Instructions

1. Preheat Oven to 350 degrees.
2. In a medium bowl combine the cayenne, black pepper, lemon pepper, garlic powder, and salt and set aside.
3. Dip the filets in the melted butter, then coat with the seasoning mix.
4. In a large skillet (cast iron is nice!) over high heat, sear fish on each side for 2 minutes until slightly charred.
5. Placed the fish in a 11×7 baking dish and pour the Italian dressing onto each filet.
6. Cover and back for 30 minutes in your preheated oven.

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