



BLACKENED BASA

INGREDIENTS:

4 TEJA 6-8oz. BASA Fillets	1 Tsp Thyme, dried
2 Garlic Cloves, minced	¼ Tsp Cayenne powder
3 Tbsp. Vegetable oil	½ Tsp Salt
4 Tsp. Paprika	1 Tsp White Sugar
1 Tsp Oregano, dried	¼ Tsp Black Pepper

DIRECTIONS:

1. Combine Sugar and all other Spices in a glass Bowl. Mix well
2. Dry all BASA Fillets with a paper towel and set on plate.
3. In a large Nonstick Pan[Cast Iron works best], heat oil over medium heat and sauté garlic for 1 minute then remove with a slotted spoon.
4. Sprinkle rub on both sides of BASA fillets. Make sure they are well covered with Rub.
5. Add BASA to hot oil and fry for 3-4 minutes a side. Do not overcook.
6. Place cooked BASA on a bed of Fried vegetable rice.[top with a spoon of Hollandaise optional]