

# Blackened Tilapia

Recipe By *Sina Mizrahi*



**Cooking and Prep:**  20  
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**Serves:**  4

**No Allergens**

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Nine Days

**Diet:** Gluten Free, Low Fat,  
Low Carb, Sugar Free,  
Pescetarian

**Source:** Relish by Binah  
Magazine

It's no wonder tilapia is one of the most highly consumed seafoods in America: mildly flavored and relatively inexpensive, the fish is a practical and appealing choice.

## Ingredients (11)

### Main ingredients

- 2 tablespoons paprika
- 1 tablespoon thyme
- 2 teaspoons cumin
- 2 teaspoons dried oregano

- 2 teaspoons garlic powder
  - 2 teaspoons onion powder
  - 2 teaspoons salt
  - 1 teaspoon ground **Gefen Black Pepper**
  - 1 teaspoon cayenne pepper
  - 2 tablespoons **Bartenura Olive Oil**
  - 4 tilapia fillets
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## Start Cooking

### For the Fish

1. Mix the oil with spices to form a paste.
2. Rub into the fish until well coated.
3. Heat a frying pan on medium heat and cook the fillets for two to three minutes per side, until flaky and cooked through.
4. Serve immediately.