

## Blackened Fish Fillets Recipe for a Quick Flavor-Packed Dinner

4 white fish fillets, such as catfish, tilapia, cod, or haddock



**TIME**  
**4 min**

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### INGREDIENTS

4 white fish fillets, such as catfish, tilapia, cod, or haddock  
2 tablespoons olive oil or melted butter  
1 teaspoon paprika  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1 teaspoon dried thyme  
1 teaspoon dried oregano  
1/2 teaspoon cayenne pepper, adjust to taste  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
Lemon wedges, for serving  
Fresh parsley, optional, for garnish

### DIRECTIONS

1. Make the seasoning: In a small bowl, mix together the paprika, garlic powder, onion powder, thyme, oregano, cayenne pepper, salt, and black pepper.
2. Prepare the fish: Pat the fish fillets dry with paper towels. This helps the seasoning stick better and gives you a better sear in the pan.
3. Oil the fillets: Brush both sides of the fish with olive oil or melted butter.
4. Season the fish: Sprinkle the seasoning mixture evenly over both sides of each fillet. Press it in gently so it adheres well.
5. Heat the pan: Place a large cast-iron skillet or nonstick pan over medium-high heat until very hot. Add a small amount of oil to the pan.
6. Cook the fish: Add the fish fillets to the hot skillet and cook for about 4 minutes per side, depending on thickness, until the outside is blackened and the fish is cooked through.
7. Serve: Serve the fish hot with lemon wedges and a sprinkle of fresh parsley if desired.

### SWAPS & NOTES

Any firm white fish works well here.

Catfish gives the dish a Southern feel, while cod and haddock are a little milder and flakier.

Tilapia is also a great easy option for quick cooking.

Olive oil helps the seasoning stick and keeps the fish moist, but melted butter adds a little extra richness if that is what you prefer.

## TIPS FOR SUCCESS

Make sure the fish is patted dry before seasoning.

Extra moisture can keep the crust from developing as nicely in the skillet.

Use a hot pan, but do not let it get so hot that the spices burn instantly.

Medium-high heat is usually the sweet spot for getting that dark crust without scorching.

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