

Spicy Pan Seared Fish Recipe

INGREDIENTS

2 fish fillets
2 tablespoons avocado oil
1 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon cayenne pepper
Lime juice to taste

DIRECTIONS

Heat oil in a pan. Combine salt, black pepper and cayenne pepper in a bowl. Generously rub the spice mixture on both sides of the fish. Cook about 3-5 minutes on each side depending on the thickness of the fillet. Remove from heat and drizzle with lime juice.



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Follow these tips to safely enjoy your catch.

1. Follow posted local fish consumption advisories.
2. Fillet fish and remove any skin and fat. Toxins can concentrate in these areas.
3. Discard cooking oil after use.
4. Enjoy fish in moderation.

Learn more at:

www.chesapeakebay.net/issues/chemical_contaminants



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