

Jason Pettit – Capital Radio Recipe



Blackened Tilapia with Tartar Sauce – oven baked tilapia delivers all the punch of the pan seared version but without a smoke-filled kitchen!

Serve together with steamed white rice and lemon wedges!

Ingredients – serves 4 people

Blackening Spice Seasoning Mix

4 Tbsp	paprika pepper
1.5 Tbsp	salt
1 Tbsp	garlic powder
1 Tbsp	onion powder
1 Tbsp	black pepper powder
½ Tbsp	cayenne pepper
½ Tbsp	dried oregano
½ Tbsp	dried basil
1 Tsp	dried thyme
4 ea	tilapia fillets (skinless & boneless, approx. 150gm)
2 Tbsp	cooking oil
1 cup	mayonnaise
1 Tbsp	lemon juice
3 lg	spring onions (ends trimmed, chopped finely)
2 lg	pickled gherkins (chopped small)
1 Tbsp	capers (chopped small)
1 Tsp	Dijon mustard
2 Tbsp	fresh parsley (chopped finely)
	<i>black pepper to taste</i>

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Method

Prepare the blackening spice seasoning by placing all ingredients into a bowl and mixing until fully combined.

or

Place all ingredients into a screw-top jar and shake vigorously until evenly mixed.

Brush both sides of the Tilapia fillets with oil.

Cover one side with spice seasoning and press adhere – turn over and cover that side.

Repeat for the remaining 3 fillets.

Place the prepared fillets onto a large baking tray lined with foil and then baking paper.

Place the tray into an oven pre heated to 220°C.

They should take between 8 – 12 minutes depending on the thickness of the fillets.

Prepare the tartar sauce by placing the mayonnaise into a bowl and adding the lemon juice and mustard.

Chop the spring onions finely and add to the bowl.

Chop the gherkins and capers into small chunks and add to the bowl.

Chop the parsley finely and add 1.5 Tbsp to the bowl, season lightly with black pepper and mix.

Taste and adjust with more pepper and / or lemon juice as required.

Serve with steamed white rice and garnish with the remaining chopped parsley and lemon wedges.

Notes from the chef:

Tilapia is a very versatile firm white fleshed fish that has a mild, slightly sweet flavour. Pairing it with some strong spices enhances the taste whilst remaining healthy.

Traditionally, Blackened Fish is seared on the stove top which can be daunting for 1st timers as the pan and oil gets super-hot and as it sears, the kitchen fills with lots of smoke. This oven baked version eliminates all of this yet delivers a good crust.

The spice level can be adjusted by reducing the amount of cayenne pepper and some of the garlic powder.

The spice seasoning contains salt so no additional seasoning is required.

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Tbsp - tablespoon

Tsp - teaspoon