

One Pan Baked Blackened Tilapia with Zucchini

INGREDIENTS:

Blackened Spice Mix:

- 3 tsp. Paprika
- 2 tsp. Salt
- 1 tsp. Garlic powder
- 1 tsp. Onion powder
- 1 tsp. Thyme
- 2-3 tsp. Black pepper
- 1 tsp. Chili powder
- 1 tsp. Oregano

Sheet Pan Blackened Tilapia:

- 4 tilapia fillets
- 2 T butter, melted
- 1 zucchini, chopped
- Salt & pepper to taste

PROCESS:

Add all the spices together in a bowl and mix.

Preheat oven to 400 degrees F.

On a parchment paper lined baking sheet, lay all 4 pieces of tilapia. Brush them with butter on both sides. Now generously rub the seasoning on both the sides of the fish.

Add remaining butter, salt and pepper to the zucchini.

Arrange the zucchini around the fish on the baking sheet.

Bake in oven for 7 minutes.

Flip tilapia after 7 minutes and bake another 7 minutes or until light and flaky.

ENJOY!

