

Spicy Pan-fried Snapper

Serves 2

Ingredients

- 2 fillets of snapper, cod or halibut, about 6 -7 oz each, bones and skin removed
- 2 tsp freshly ground cumin
- 2 tsp freshly ground coriander
- 2 tsp chili powder*
- 2 tsp smoked paprika (mild)
- 1 tsp kosher salt
- 1/2 tsp sugar
- 1 -2 Tbsp vegetable oil
- fresh lemon slices

*not to be confused with ground chilli peppers

Cooking Instructions

Bring the fish to room temperature and blot any moisture with a paper towel. In a small bowl, combine the spices, sugar and salt.

Place the fish on a sheet of parchment or waxed paper and scatter half the spice mixture over the fillets. Turn the fish over and sprinkle the remaining spice mixture over the fillets.

Heat the oil in a medium non-stick skillet. When the oil starts to shimmer, add the spiced fish, being mindful not to crowd the pan. Cook just until the edge of the fish starts to brown, about three to four minutes, depending on the size of your fish. Turn over and cook until almost done, about 2-3 minutes, depending on the thickness. Remove from the heat and cover loosely with foil. (The residual heat will continue to cook the fish.)

When ready to serve, pour the pan juices over the fish and serve with fresh lemon wedges.