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Cajun Tilapia Recipe

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CAJUN TILAPIA RECIPE

Ingredients

- 4 Fresh or frozen Tilapia fillet or other white fish (amount depending on crowd)
- Olive oil
- Cherchies® Cajun Seasoning
- Lemon wedges (optional)
- Store-bought frozen tater tots (optional)
- Cherchies® Cajun Cornbread Recipe (optional)

Preparation

1. Preheat oven to 400 degrees. Drizzle a baking pan with a little olive oil, just enough to prevent the fish from sticking to the bottom. Place the fish in the baking pan and drizzle the fish with about 1 teaspoon (tsp) per fillet.
2. Sprinkle each fillet with a generous amount of Cherchies® Cajun Seasoning, to taste. The more you add, the bolder it will be. If using tater tots on the side, in a separate pan, sprinkle the tots with some of the seasoning blend, again to taste. You can also whip up a batch of Cajun Cornbread Recipe to accompany the fish.
3. Bake fish (and tater tots and cornbread) in the oven for 20-25 minutes or until golden brown. Fish should flake easily with a fork when it is done. Serve with lemon wedges (optional)! Enjoy!



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