

BLACKENED BLUE EYE FILLETS

INGREDIENTS

- 4 x 150g blue eye filets, skin on
- 2 tablespoons canola oil
- Lime halves, to garnish

Spice Rub

- Pinch of sea salt
- 1½ teaspoons dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- 1 teaspoon freshly ground black pepper
- ½ teaspoon cayenne pepper

METHOD

1. Mix the spice rub ingredients together and sprinkle over both sides of the fish.
2. Preheat a flat grillplate to very hot and pour on the oil, immediately placing the fish skin-side down as the oil sizzles.
3. Cook for a couple of minutes on each side, sprinkling any leftover spice, rub over the uncooked side of the fish before turning.
4. Once cooked, the fish should look, well, blackened. It should not actually be burnt, but the spices will blacken in the hot oil and give a burnt appearance. Garnish with lime halves and serve with some crusty bread.

Serves 4

	Per Serving	Per 100g
Energy	802kJ	504kJ
Protein	25g	15g
Fat – Total	10g	6g
- Saturated	<1g	<1g
Carbohydrate - Total	<1g	<1g
- Sugars	<1g	<1g
Sodium	98mg	61mg

**BIG
RED
BBQ**

Supporting Kidney Health Australia

K[®]
**KIDNEY
HEALTH
AUSTRALIA**