

Blackened Spiced Fish

2 x 225-285g (8-10oz) whole red mullet,
snapper, or bream, cleaned
40g (1 and a half oz) unsalted butter
juice of 1 lemon or lime
lemon or lime wedges, to garnish

Spice mixture:

1 x 5ml spoon (1 teaspoon) chilli or cayenne pepper
1 x 5ml spoon (1 teaspoon) paprika
salt and black pepper
pinch of dried mixed herbs
2 cloves garlic, crushed
1 small onion, chopped

Serves 2

