



B&B's BEST
YOU ARE WHAT YOU EAT
SO EAT THE BEST

Blackened Tilapia

Ingredients

Tilapia filets.

½ stick of Butter

[B&B's Best Cajun Seasoning](#)

Cast Iron Skillet

This one is best cooked on an outside burner. It will smoke up your house.

Instructions

1. Place Cast Iron Skillet on burner set at Medium High to preheat.
2. Liberally season each side of the Tilapia with B&B's Best Cajun Seasoning.
3. Once Skillet is hot, add ½ of the butter, (It will look like it is burning).
4. Immediately add the Tilapia Filets.
5. Cook for about 4 minutes.
6. Add remainder of the butter and flip for 4 more minutes.
7. Serve Immediately.

