

Seafood Charlie Recipe

Cajun Catfish

A Seafood Charlie Recipe

Prep Time: 10 mins.

Cook Time: 15 mins.

Serves: 4

Ingredients

4 catfish fillets, about 1 ¼ lb total

1 tsp dried thyme leaves

1 tsp dried oregano

½ tsp onion powder

½ tsp garlic powder

1 tsp paprika

¼ tsp cayenne pepper

½ tsp ground black pepper

½ tsp salt

Recipe

1. Preheat oven to 425F.
2. Line a baking pan with aluminum foil and coat with cooking spray.
3. On a large plate combine seasonings. Coat fish fillets with the seasoning mixture then place them in the prepared pan.
4. Bake for 15 minutes or until fish flakes easily with a fork.

Enjoy!