



JERK FISH

SERVINGS: 4

Ingredients

- 1 pound fish fillet of your choice
- 2 tablespoon **Flavour De La Baye Jerk Seasoning**
- 1 teaspoon salt
- 2 tablespoons **Flavour De La Baye Premium Herb Blend**

Directions

1. Cut fish into desired portions or leave whole if desired.
2. Place fish in a bowl and coat with above ingredients, marinate for at least one (1) hour or up to a day.
3. Spray a large skillet with non stick spray. Place over medium to high heat.
4. Add fish, pan sear for about 3-5 minutes on each side.
5. Serve with avocado salsa or your favorite condiment.

Note: Fish may also be grilled or baked.

