



## FENNEL FISH

### Ingredients:

- ☞ 1/2—Cup Olive Oil
- ☞ 1/4—Cup Fennel Seed
- ☞ 2—Fish Fillets (Swordfish, Catfish, Shark, Redfish)
- ☞ 4—Tablespoons of **CANATELLA'S Gourmet Sicilian Seasonings™**
- ☞ 2—Tablespoons of **CANATELLA'S Gourmet Mediterranean Seasonings™**

### Rub on Fish:

1-tablespoon of **CANATELLA'S Gourmet Sicilian Seasonings™**

1/2-tablespoon of **CANATELLA'S Gourmet Mediterranean Seasonings™**

### Directions:

Add Olive Oil and Fennel Seed to cold iron skillet over medium heat. After you finish rubbing seasoning on fish fillets and the oil is hot place fish in skillet of fennel seeds. Cook approximately 5 minutes on each side or until fish is completely cook and flakes with a fork.

Place Fish on serving dish and pour oil and fennel seeds from iron skillet over fish.

### Notes:

Fennel seeds will stick to fish this is very desirable in preparing dish.

This dish is very good with or over pasta or vegetables.