

HOW TO USE · BLACKENED SEASONING SALT FREE

BLACKENED FISH WITH LEMON

Smoky, bold and salt-free. A dark crust for fish, chicken and steak.

SERVES	PREP	COOK
4	10 min	10–12 min

INGREDIENTS

- 4 firm white fish fillets (about 150 g each), such as barramundi or ling
- 1½–2 tbsp Blackened Seasoning Salt Free (about 10–14 g)
- 2 tbsp olive oil or melted butter
- Lemon wedges and a green salad, to serve



METHOD (pan)

1. Pat the fish very dry. Brush with a little oil, then coat both sides with the seasoning.
2. Heat a heavy pan over medium-high heat until hot. Add the remaining oil.
3. Cook the fish 3–4 minutes a side, until a dark crust forms and the thickest part flakes easily (about 63°C).
4. Rest 2 minutes. Serve with lemon and salad.
5. Season your plate with a pinch of salt at the table if you like — this rub has no salt.

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AIR FRYER METHOD

200°C · 7–9 min

Same fillets, 2 at a time

1. Heat the air fryer to 200°C. Lightly oil the basket.
2. Add the coated fillets in a single layer. Cook 7–9 minutes, flipping once.
3. Check the thickest part flakes easily. Rest 2 minutes.

BBQ / GRILL OPTION

Hot grill, about 250°C

Fish or steak on a hot grill

1. Oil and coat fish, chicken or steak with the salt-free rub.
2. Preheat the grill on high. Oil the bars.
3. Fish: 3–4 minutes a side. Steak: sear hard, then rest to preferred doneness. Chicken: to 75°C.
4. Add salt at the table if you like.

SMOKER OPTION

150–160°C · 1–1¼ hr

Chicken thighs, light smoke

1. Set the smoker to 150–160°C with a mild wood.
2. Coat chicken thighs with oil and the rub. Smoke until 75°C.
3. Rest 5 minutes. Season with salt when serving if needed.

OTHER WAYS TO USE IT

→ Rub on chicken breast or thighs before pan-searing or grilling.

→ Coat a steak, rest 10 minutes, then sear over high heat.

→ Toss with prawns or cauliflower steaks before roasting.

SALT-FREE BLEND season your food with salt separately to taste.