

# Mexican Fish Rub



DIETARY:  
Coeliacs, Gluten Free, Atkins, Diabetic, Contains Nuts

## MAKING THIS RECIPE

### Ingredients

- Allspice Berries (2tsp coarsely ground)
- Annatto Seeds (2tsp ground)
- Fish Fillets (4)
- Oregano (2tsp dried)
- Sea Salt (½tsp)
- White Cumin Seeds (2tsp whole)

### Method

- 1) Mix all seasonings well together. Rub all over fish fillets.
- 2) Heat some olive oil and fry the fish for around five minutes, turning as necessary.

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Jambalaya Recipe  
CAJUN

TAKE A LOOK



Veggie Chilli  
CAJUN, MEXICAN, WORLDWIDE

TAKE A LOOK



Coronation Chicken  
WORLDWIDE

TAKE A LOOK

## Buy the ingredients for this recipe

