

Lionfish Recipe

Compliments of Vone Research, Inc. at www.LionfishHunters.org

LIONFISH TACO

Lionfish meat	Spicy Pico de Gallo
Soft or Hard Taco Shells	Black Beans
Olive Oil	Shredded Cheese
Blackened Seasoning	Sour Cream
Shredded Lettuce	

Preparation:

Use soft flour or crunchy corn tortillas. Spice Lionfish Filets with blackened seasoning.

Cooking:

Sear on a hot pan with olive oil. Place Lionfish in tortilla.

Add shredded lettuce, home made spicy pico de gallo, warmed black beans, shredded cheese, top with sour cream