

Jerk Fish (Main Courses)



- 1 lb. white fish, such as cod
- 1 to 2 Tbsp. Halladay's Sweet & Spicy Jerk Chicken Seasoning
- 1 cup spinach
- 1 Tbsp. butter or olive oil

Preheat oven to 350°F. Evenly coat fish with seasoning; place on a sheet of foil. Top with spinach and butter. Close foil into a pouch. Bake (or grill) until fish is firm, about 15 minutes.