Grilled Snapper
RECIPE

Grilled Snapper



TIME	35 mins
INGREDIENTS	8 items
MAKES	2 servings

This grilled snapper is light and quick to make and our Tomato Basil Rice has heaps of flavour. Great to eat alone or serve to friends.

INGREDIENTS

- Ben's Original™ Tomato And Basil Microwave Rice 250g
- 1 tbsp Olive Oil
- 2 Snapper Fillets, skin removed
- 1 White Onion, chopped
- 150 g Cherry Tomatoes, halved
- 1 Garlic Clove, crushed
- 2 Anchovy Fillets, chopped
- 110 g Green Beans, trimmed

INSTRUCTION

1. Preheat the oven to 200C. Place the oil, onion, tomatoes, garlic and anchovies in a

baking tray with seasoning and toss together. Bake in the oven for 15 minutes until the tomatoes are beginning to break down and onions are soft.
2. Nestle the snapper fillets in the tomato mixture without covering the top, so it can caramelise. Bake for 15 minutes more, until the snapper flakes and is cooked through.
3. In the last 5 minutes of baking bring a small pan of water to the boil with a pinch of salt. Add the green beans and blanch for 3-4 minutes until they still have a bite.
4. Just before serving, heat the Ben's Original™ rice according to pack instructions. Place a fillet of snapper on each plate and top with the baked tomato mixture. Add the beans and rice to the plate and enjoy!

NUTRITION

AMOUNT PER SERVING

- Energy (kJ) 2129
- Protein (g) 42.2
- Total Fat (g) 12.1
- Saturated Fat (g) 1.5
- Carbohydrates (g) 51.1
- Total Sugars (g) 10.2
- Sodium (mg) 594

Categories:

Tomato & Basil, Bake, 30 - 45 Mins, Seafood, Quick and Healthy, Easy Family Dinners

MORE RECIPES LIKE THIS



Chicken Fried Rice

Cooking time

20 mins

Ingredients

9 items



Vegetable Fajitas

Cooking time

20 mins

Ingredients

10 items



Indian Chicken Curry

Cooking time

150 mins

Ingredients

16 items

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