

Grilled Snapper RECIPE

# **Grilled Snapper**



<?xml version="1.0"?>

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.

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#### **INGREDIENTS**

- Ben's Original<sup>™</sup> 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. 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. 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. 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. 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

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#### **Chicken Fried Rice**

Cooking time

20 mins

Ingredients

9 items

SEE DETAILS



## **Vegetable Fajitas**

Cooking time

20 mins

Ingredients

10 items

SEE DETAILS



### **Indian Chicken Curry**

Cooking time

150 mins

Ingredients

16 items

**SEE DETAILS** 

**Source URL:** https://au.bensoriginal.com/recipes/Grilled-Snapper