

RED SNAPPER IN A MEXICAN SAUCE

By



Chef Chris



PREPARATION TIME



COOKING TIME



SERVES



ماركت الواجهة البحرية
WATERFRONT MARKET



INGREDIENTS

- 1kg red snapper fillets
- 2 tbsp of lime juice
- 6 tbsp of extra virgin olive oil
- 1 small white onion, finely chopped
- 4 garlic cloves, finely chopped
- 700g tomatoes, chopped
- 15g parsley, finely chopped
- 10g fresh thyme, finely chopped
- 2 bay leaves
- 5g dried oregano
- 150g canned sweet corn, drained
- 1 tbsp small capers, rinsed
- 40g raisins
- 4 pickled jalapeno peppers, thinly sliced
- 2 pinches salt
- 1 pinch pepper
- 400g basmati rice
- 800ml boiled water



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Method:

The rice:

1. Pour 4 tablespoons of olive oil into a large pot and put on a low heat.
2. Add the rice to the pot and stir gently.
3. When the rice looks glossy, add the boiled water and pinch of salt, then turn the heat up to medium. Stir and bring the rice to a full boil.
4. Turning the heat back down to low, cover the pot and cook the rice for 10 to 15 minutes.

The snapper:

1. While the rice is cooking, season the red snapper fillets with the salt, pepper and lime juice, then set aside.
2. Preheat a large, non-stick pan. Add 2 tablespoons of olive oil and when hot, place the snapper fillets in the pan, skin side up. Cook on a high heat for around 5 minutes. When done, flip and cook the other side of the fillets. (Avoid flipping the fish many times as it will dry out).
3. Remove the snapper fillets from the pan and set aside.



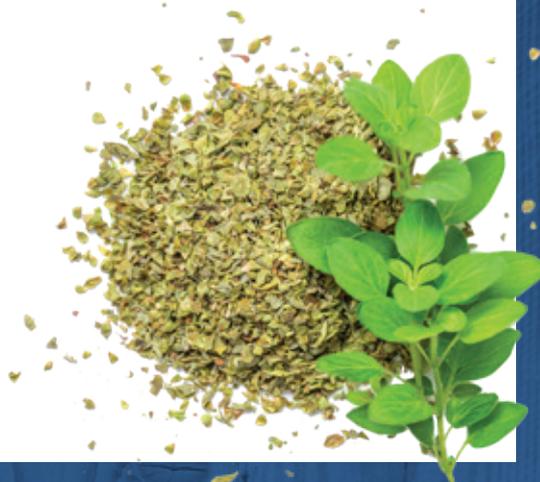
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The sauce:

1. Using the same pan you cooked the fish in, sauté the onion on a medium heat until transparent. Add the garlic, stirring gently for another 2 minutes.
2. Mix in the tomatoes and let the ingredients cook down for a further 8 minutes.
3. Now it's time to add your herbs – parsley, thyme, bay leaves, oregano – and cook for a further 4 minutes.
4. Add in the sweet corn, capers, raisins and jalapenos, allowing the flavours to infuse for approximately 4 minutes. Season with salt and pepper – add a little water if needed.
5. Take the cooked snapper and place gently into the sauce. Spoon the sauce over the fillets so they are covered and cook for around 10 minutes.
6. Serve the fish and sauce warm over your cooked rice, adding a sprinkling of lime zest on top for a real flavor hit.

Bon appétit!



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