



# Foil Baked Snapper with Sicilian Caponata

NIBBLEDISH CONTRIBUTOR

## Ingredients

serves 4

### **Foil Baked Snapper**

4 Snapper Fillets, skinned  
2 sprigs of Italian Parsley  
2 sprigs of Thyme  
2 sprigs of Majoram  
zest of 1 lemon  
1 Tbsp Dry Vermouth or White Wine  
Black Pepper  
Pinch of Salt  
EVOO

### **Sicilian Caponata**

1 medium Round Eggplant, diced  
1 medium Onion, chopped  
2 stalks of Celery, chopped  
1 large Red Pepper, diced  
4 Roma Tomatoes, diced  
3 cloves of Garlic, minced  
1 Tbsp Balsamic Vinegar  
2 Tbsp Salted Capers, rinsed and pat-dried  
2 Tbsp Pine Nuts, toasted  
2 sprigs of Basil, chiffonade leaves  
Sea Salt  
Black Pepper  
EVOO

### **Roasted Beans**

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400g Chinese Long Beans  
1 Tbsp Olive Oil  
Sea Salt  
Black Pepper

## Instructions

### **Foil Baked Snapper**

Preheat oven 220c. Wrap all ingredients in foil. Bake 15 mins. Set aside and let rest for 5 mins.

### **Sicilian Caponata**

Saute garlic, onions, eggplants, celery, capers and red peppers in EVOO for 5 mins over high heat. Season lightly. Add tomatoes and vinegar and saute for 6-8mins. Off heat and toss in basil and pine nuts. Season.

### **Roasted Beans**

Toss beans in oil and season. Line beans in single layer on flat baking tray. Bake in a 220c oven for 15 mins.

### **Putting it altogether:**

- Preheat oven 220c.
- Mise en place
- Slide fish on bottom layer of oven and beans on top.
- Get pan hot and start caponata.
- Set caponata aside and keep warm.
- Remove fish and beans from oven and serve with caponata.