



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

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.