



Recipe
suggestions

Baked red snapper with tomatoes and olives (serves 2)

Ingredients

- > 170g red snapper or tilapia fillets
- > ¼ cup extra-virgin olive oil
- > 4 sprigs of fresh thyme
- > 3 tomatoes, peeled, seeded and chopped
- > ½ cup coarsely chopped green olives
- > ¼ teaspoon dried chilli flakes
- > 2 garlic cloves, minced
- > ½ cup finely chopped red onion
- > 1 tbsp fresh lime juice

Method

- > Preheat the oven to 200⁰C degrees. Lightly oil a shallow baking dish large enough to hold the snapper fillets in one layer.
- > In a bowl, stir together the oil, thyme, tomatoes, olives, chilli flakes, garlic, onion and lime juice.
- > Arrange the snapper fillets in the baking dish, skin side down, season with salt and spoon over the tomato mixture, leaving the fish uncovered.
- > Bake in the oven for 15 minutes, or until the fish flakes.

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