



Recipe
suggestions

Coconut red snapper with pineapple salsa (serves 4)

Ingredients

- > 4 red snapper fillets
- > juice of 1 lime
- > 1 garlic clove, finely chopped
- > 4 tbsp finely grated coconut
- > 2 tsp thyme leaves
- > 2 tbs vegetable oil
- > 1 tsp butter

For the salsa

- > 1 small pineapple, flesh diced
- > 1 onion, finely diced
- > 1 green pepper, finely diced
- > 1 tsp paprika
- > 1 tsp white wine vinegar
- > 2 tbsp olive oil

Method

- > For the salsa, mix the pineapple with the onion, green pepper, paprika, white wine vinegar and olive oil. Leave on one side while you cook the fish.
- > Put the fish fillets in a shallow dish. Combine the juice from 2 limes with the garlic and pour over the fish. Leave on one side to marinate for 1-2 hours.
- > Mix the coconut with the thyme leaves and use to coat each fillet on both sides, pressing the coconut down well.
- > Heat 2 tbsp vegetable oil in a deep frying pan set over a medium heat. Fry the fish for 3-4 minutes on either side until golden and crisp. A minute before the fish is ready, add the butter and 1 tbsp lime juice to the pan.
- > Transfer the fish to warmed plates and pour over any buttery juices. Accompany with the pineapple salsa.

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