



PAN-FRIED SNAPPER WITH WARM TOMATO ARUGULA SALAD AND WILD RICE

FAST. EASY. FRESH.

1. Start by thinly slicing half the shallot and finely dicing the rest of it. Next, peel and mince the **garlic**. Heat 2 Tbsp. **vegetable oil** in a medium-sized pot over medium heat. Add the **diced shallot** and half the **minced garlic**. Sauté for 1 minute then add the **rice**. Stir for 30 seconds then add 3 cups water and bring to boil. Turn down to low, cover, and cook until then rice is cooked through. Set aside and keep warm.

2. Meanwhile, prepare the rest of the vegetables. Cut the **cherry tomatoes** in half, juice the **lemons**, and finely chop the **basil**.

3. Next, heat 2 Tbsp. **vegetable oil** in a large frying pan over medium heat. Add the **thinly sliced shallot** and the other half of the **minced garlic** to the hot pan. Sauté, stirring, until soft and a little color begins to show. Add the **cherry tomatoes** and heat through, stirring often. Turn off the heat and mix in the **arugula, basil**, and season with **salt** and **pepper**. Add half the **lemon juice** then toss together and set aside.

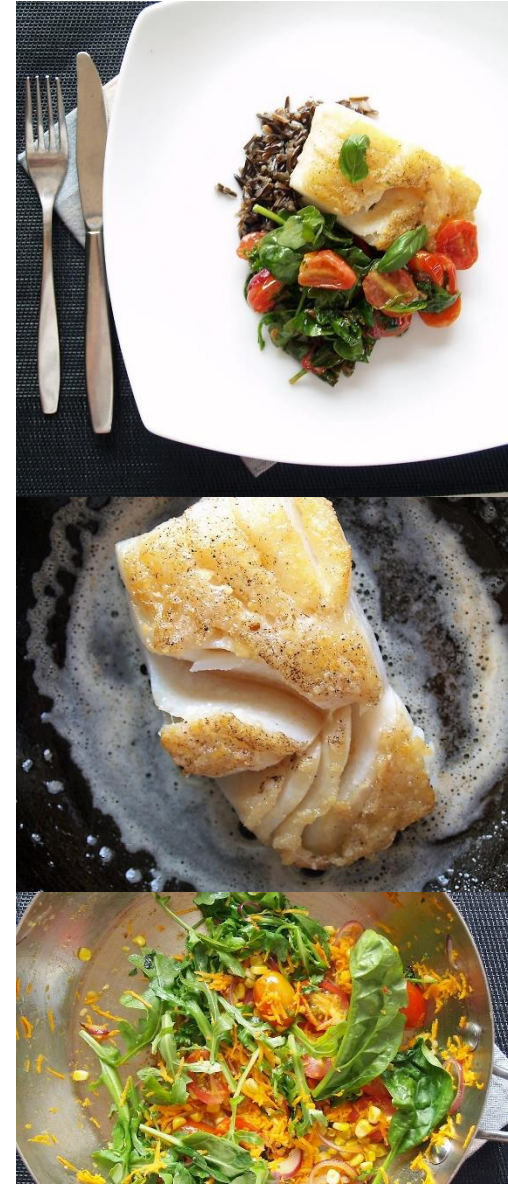
4. Meanwhile, prepare your **snapper**. Cut the fillets into 4 pieces (if not already) and season the portions with **salt** and **pepper**. Heat 2 Tbsp. **vegetable oil** in a non-stick frying pan over medium heat.

5. When the pan is hot, place the **snapper** skinned side up and cook until golden in color; 2-3 minutes (the fish should be halfway cooked through before flipping). Turn, and finish cooking on the other side. To finish, add the **butter** and remaining **lemon juice** to the pan. Using a spoon, baste the top of the fish for a couple of seconds.

6. To serve, divide the rice and warm tomato and arugula mixture between plates. Top with the fish and spoon the pan juices over the fish. Enjoy!

Ingredients (4 Person Serving – 571 Calories Per Serving)

Snapper Fillets	500 g	Shallots	2
Vegetable Oil	6 Tbsp.	Garlic	4 Cloves
Wild Rice	1 ½ Cups	Lemons	2
Salted Butter	4 Tbsp.	Arugula	120 g
Cherry Tomatoes	40	Salt and Pepper	To Taste
Fresh Basil	24 g		



35

Minute
Cook
Time!