



PAN-FRIED SNAPPER WITH FENNEL ORANGE FETTUCCHINE

FAST. EASY. FRESH.

1. Bring a large pot of salted water to a boil, add the **fettuccine**, then cook for 8-10 minutes, or until al dente. Strain, rinse briefly, and set aside.

2. Meanwhile, peel the **red onion** and thinly slice it. Peel and mince the **garlic**. Core the **fennel**, then slice it very thinly, against the grain. Cut the **oranges** in half, and cut one slice out of each half. Chop the **parsley** finely.

3. In a pan, heat 1 Tbsp. **canola oil** over medium heat. Add the **garlic**, **red onion**, and **fennel**. Sauté 2-3 minutes. Squeeze the juice from your **orange** halves into the pan, and add the **capers**. Cook a further 4-5 minutes, covered, or until the fennel is tender.

4. Add the cooked **fettuccine**, **parsley** (reserve a little) and **dried cranberries**. Toss to combine, then adjust the seasoning to your liking with **sea salt**.

5. In a separate pan, heat 2 Tbsp. **canola oil** to nearly smoking. Season the **snapper** with **sea salt**, add to the pan along with the remaining chopped **parsley**, then sear it, along with the reserved **orange slices**, for 1-2 minutes per side. Be careful not to overcook the fish. Add the **butter** to the pan and baste the snapper to finish.

6. To serve, portion the fettuccine on to plates, top with the seared orange slices, and place a snapper fillet on top of each. Enjoy!



Ingredients (4 Person Serving – 808 Calories Per Serving)

Canola Oil	6 Tbsp.	Dried Cranberries	½ Cup
Garlic	4 Cloves	Parsley	Small Bunch
Red Onion	1 Large	Fettuccine	400 g
Fennel	2 Bulbs	Salted Butter	2 Tbsp.
Oranges	2	Wild, Pacific Snapper Fillets	500 g
Capers	4 Tbsp.	Sea Salt	To Taste

30 Minute Cook Time!