



# PAN-FRIED SNAPPER WITH FENNEL ORANGE FETTUCCINE

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 **orange** 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 two **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 the remaining chopped **parsley**, then sear the snapper, 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 onto plates, top with the seared orange slices, and place a snapper fillet on top of each. Enjoy!



## Ingredients (2 Person Serving – 808 Calories Per Serving)

Canola Oil	3 Tbsp.	Dried Cranberries	¼ Cup
Garlic	2 Cloves	Parsley	Small Bunch
Red Onion	1 Small	Fettuccine	200 g
Fennel	1 Bulb	Salted Butter	1 Tbsp.
Orange	1	Wild, Pacific Snapper Fillets	250 g
Capers	2 Tbsp.	Sea Salt	To Taste

**30** Minute Cook Time!