

Lemon Myrtle Seasoned Snapper Fillet with a Shredded Thai Vegetable Salad

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Snapper Ingredients

100 grams of 'Lemon Myrtle Seasoning for The passionate Foodie'
360 grams fresh snapper fillets
Olive oil (for frying)

Salad Ingredients

½ red onion
¼ of a continental cucumber
1 small carrot
2 medium/large Roma tomatoes
A hand full of bean shoots
6 to 8 snow peas
4 large mint leaves
Large Thai basil leaves
4 sprigs of fresh coriander
1 large (mild) red or green chilli

Dressing Ingredients

'Chilli, Lime & Coriander Dipping Sauce for The Passionate Foodie'.
Squeeze of fresh lemon or lime juice.

Method

Place 100 grams of the Lemon Myrtle Seasoning onto a tray. Place the fresh snapper fillets into the seasoning and coat well. Allow the fish to sit in the seasoning for 5 to 10 minutes.

Shake off excess seasoning. Over a medium heat, add some olive oil to the pan and the seasoned fillet of fish. Keep your eye on the fish to ensure it does not burn. Cook



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for about 2 to 3 minutes on each side (depending on the thickness of the fish). When cooked, remove the fish from the pan and onto some absorbent paper.

Wash all the salad ingredients. Then peel the onion, carrots and cucumber. Quarter, then de-seed the tomato. Finely slice all salad ingredients and combine in a large mixing bowl.

Drizzle over 30 to 40mls of the dressing, and a squeeze of fresh lemon or lime juice with a pinch of salt and a few turns of the black pepper mill. Mix well to coat all salad ingredients with the dressing.

To plate the dish

Place a nice hand full of your dressed salad onto your plate. Then place the cooked snapper fillet on top of the salad. To finish, drizzle a tablespoon of the dressing around the plate, as a garnish.