



This is a nice meal for the family and can be accompanied with cooked rice or boiled yams. The vegetables are cut small due to the short cooking time. This dish is also suitable for wrapping in wet paperbark and placing next to hot coals.

Roast Red Snapper

Equipment

cook's knife
cutting board
grater
measuring cups
measuring spoons
roasting dish or baking tray
wooden skewer

Ingredients

2 tablespoons olive/canola oil
1 whole snapper, scaled,
gutted and washed
salt and pepper
1 carrot
1 red capsicum
1 green capsicum
1 stick celery
1 onion, finely shredded
1 cup shredded ginger
2 garlic cloves, finely
chopped
1 cup light soy sauce
1 lemon sliced, skin on

Method

1. Lightly oil fish and cut slits in both sides. Place on a baking tray or roasting dish. Season with salt and pepper.
2. Cut carrot, capsicum and celery into matchsticks.
3. Mix vegetables, onions, ginger and garlic with soy sauce. Use soy sauce with less salt. Spread the mix inside and on top of the fish.
4. Place in hot oven and cook 25 to 30 minutes depending on the size of fish. Check progress with skewer through thickest part of fish. Fish is cooked when skewer comes out clean.
5. Serve with rice and garnish with lemon.

Serves 4

