CITRUS PAN FRIED SNAPPER

METHOD

1. Place olive oil, lemon zest and juice, orange juice and honey into a dish. Add the snapper fillets and turn the fish through the marinade. Marinate in the fridge for 5 minutes.

2. Heat a dash of oil in a frying pan. Add the fish fillets, reserving the marinade.

INGREDIENTS

- 1 Tbsp olive oil
- Zest from ½ lemon
- 1 Tbsp lemon juice
- ¼ cup freshly squeezed orange juice
- 2 tsp runny honey
- 2 x 150g snapper fillets - skin off
- Handful fresh parsley leaves, chopped
- 1 x 160g bag Wattie’s SteamFresh Broccoli, Carrots and Baby Peas
3. Cook the fish for 7-8 minutes over a medium heat, turning once during cooking. The cooking time will depend on the thickness of the fish fillets.

4. Transfer the fish to individual plates. Pour the reserved marinade into the pan. Bring to the boil and allow to reduce a little before pouring over the fish. Sprinkle over chopped parsley before serving with Wattie’s SteamFresh Vege Mixes.

**TIPS**

As an alternative to snapper use tarakihi fillets or salmon fillets – cook times will vary depending on the type of fish and thickness of the fillets.