

Pan-Roasted Florida Snapper with Minted Cucumber Ribbons



Ingredients

- 1 1/2 pounds snapper, cut into 4 6-ounce fillets, skin on
- canola or olive oil for cooking
- corn starch for dusting
- 2 lemons, quartered for garnish
- 2 cucumbers, sliced thin lengthwise using a vegetable peeler
- 1/4 cup fresh mint leaves, hand torn
- 1 red bell pepper, sliced thin
- 1 tablespoon white wine vinegar
- sea salt to taste
- fresh ground pepper to taste

Preparation

Preheat a medium-sized sauté pan over medium-high heat. When the pan is hot, add 1 tablespoon oil to the pan. Lightly season each snapper fillet with salt and pepper and dust the skin side of each fillet with corn starch. Carefully add the seasoned snapper fillets to the hot pan. Cook each fillet for around 3 minutes on each side or until golden brown and completely cooked throughout the thickest part of the fillet. Remove cooked snapper fillets from pan and let cool slightly.

In a medium-sized mixing bowl, add sliced cucumber, mint, sliced bell pepper, vinegar and 1 teaspoon oil. Carefully mix cucumber ribbons to coat. Taste cucumber ribbons and adjust seasoning with salt and pepper.

To serve, place an evenly distributed amount of the cucumber ribbons on each of the four plates. Place a cooked snapper fillet over the top of each plate. Garnish each plate with fresh lemon.

Yield

4 servings