



Cook time: 30 mins

Serves: 4

Prep time: 15 mins

Red Snapper in Tomato Herb Stock

Ingredients

- 2 tsp canola oil*
- 4 red snapper fillets (100g per fillet)
- 100g cherry tomatoes
- 3 cups (750ml) water
- 3 potatoes, washed, cut into chunks
- 200g white mushrooms, sliced
- 1 tsp dried oregano
- 4-5 fresh basil leaves
- Salt and pepper to taste
- ½ cup (125ml) white wine, optional

*Choose products with the Healthier Choice Symbol.

Method

- Heat oil in pot and sauté cherry tomatoes for 2 minutes.
- Add water, oregano and potatoes, and bring to a boil for 15 minutes. If using wine, reduce the mixture a little, then add water, oregano and potatoes, and bring to a boil.
- Add mushrooms and gently put in fish fillets. Cover the pan with a cover or aluminium foil, and bring to a simmer for 10 minutes or until fish is cooked. Add salt and pepper to taste.
- Serve the snapper sprinkled with freshly chopped basil and a bowl of brown rice.

Nutrition Information (Per Serving):

Energy: 375kcal

Protein: 49.2g

Total fat: 6.8g

Carbohydrates: 28g

Dietary fibre: 4.8g