



# Red Snapper in Tomato Herb Stock

Serves 4

Prep time: **15 mins**  
Cook time: **30 mins**

## Ingredients

- 2 tsp canola oil
- 4 Red snapper fillet (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

## Methods

- Heat oil in pot, sauté cherry tomatoes for 2 minutes.
- Add water, oregano, and potatoes and bring to 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 cover or aluminium foil, 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**

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