



# Crisp Skin Snapper with Chilli Soy

Prep Time      5 minutes  
Cooking Time   10 minutes  
Serves            4

## Ingredients

- 4 x 150 gram skin on Snapper fillets (scaled)
- 100ml oil (such as sunflower)
- 2 t sesame oil
- 1 long red chilli finely chopped
- 1 T grated ginger
- 2 cloves crushed garlic
- 80ml light soy sauce
- 1 T honey
- Salt & pepper
- Steamed vegetables to serve

## Method

- Heat a pan to a medium high heat.
- If the pan is large enough to comfortably fit all 4 fillets use all the sunflower oil or use half and cook the fish in 2 lots.
- Put the snapper, skin side down into the hot pan and cook for 3-4 minutes until skin is crisp. Season the flesh before turning.
- Cook flesh side quickly until just cooked (this may only take a minute)
- Set to the side
- To the pan add the sesame oil, chilli, ginger, and garlic and stir quickly.
- Add the Soy sauce and honey and quickly deglaze the pan (about 1 minute)
- Drizzle over snapper and serve with steamed or charred vegetables