

# RED SNAPPER WITH ESCOVITCH VEGETABLES AND RICE AND PEAS

## Method

### Red snapper

#### Method 1

Set oven to hot – 200-230°C/425°F/Gas mark 7-8

Cooking time – approx. 25 minutes

#### Method 2

Seasoned fish can be cooked in an air fryer set at 175°C/350°F

Squeeze lemon over red snappers (cleaned and scaled).

Add a sprinkling of all season powder inside the fish.

For method 1 oven cooking, spray the fish with 2 pumps of spray oil.

Place fish on kitchen foil and bake in the oven for 10 minutes each side.

For method 2 air fryer cooking, place the fish in the air fryer tray and cook for 8 minutes.

TRY  
THIS



## Ingredients

2 medium red snappers (cleaned & scaled)

Sprinkling of season all powder

½ lime or lemon

Spray oil (vegetable oil)

1 bay leaf

2 garlic cloves, finely chopped

½ teaspoon ginger

1 medium onion, thinly sliced

1 large carrot (cut into thin strips)

1 red bell pepper, thinly sliced

1 yellow bell pepper, thinly sliced

## Escovitch vegetables

Using a large pan, spray 2-3 pumps of spray oil and cook on a medium heat.

Add the bay leaf.

Add 2 cloves of garlic, finely chopped.

Add ½ teaspoon ginger and stir fry for a minute.

Add the onion and continue stirring for 2-3 minutes.

Add the bell peppers and continue stirring for 2-3 minutes.

Add the carrot and continue stirring for 2-3 minutes.

Add the thyme and continue stirring for 2-3 minutes.

Add the whole scotch bonnet and continue stirring for 2-3 minutes.

Add the Worcestershire sauce and continue stirring for 2-3 minutes.

Add the white vinegar and continue stirring for 2-3 minutes.

Add the white pepper and continue stirring for 2-3 minutes.

Discard the bay leaf and thyme sprigs.

Serve over the fish with steamed bammy or rice and peas.