

Snapper with Green Onion & Cherry Tomato

2 SERVINGS | HANDS ON TIME: 10 | TOTAL TIME: 30

Rose's Seafood Co. Red Snapper, thawed
Farmhouse Kitchen Onion Magic, room temperature
Farmhouse Kitchen Lemon Vinaigrette, stirred well before use
J & B Farm Green Onions, root end trimmed
Village Farms Cherry Tomatoes, washed
Aqua Dulce Butter Lettuce, root ball removed, washed, dried well
Patty's Herbs Mint, leaves removed from woody stems, washed
Olive Oil or Ghee
Salt and Pepper

Preheat oven to 375° F and place rack in middle position

STEP 1 Prepare the vegetables. After trimming root ends from green onions, cut in half lengthwise and, set aside. Cut cherry tomatoes in half. Toss green onions and cherry tomatoes in 1 tbsp. oil, ¼ tsp. salt and pepper on a foil lined sheet pan. Roast for ten minutes. Remove from oven and set aside.

STEP 2 As the green onions and cherry tomatoes are roasting, place a heavy-bottomed cast iron skillet or saute pan over medium-high heat. Pat both sides of the snapper fillet dry with paper towels. Cut the snapper fillet in half to form two portions. Season both sides with salt and pepper.

STEP 3 When the pan is hot and begins to smoke, add 1 tbsp. of oil and swirl to evenly coat the bottom of the pan. Add the fish to the pan, skin side down. The fillet will contract and curve upwards. Use a spatula and press on the flesh until the fillet flattens out, 5-10 seconds. This will help the skin touch the pan and become more evenly crisp. Allow the fish to cook on the first side until a golden brown color on the edge of the skin is visible. Then, gently slide the spatula under the skin and turn it over. Cook the fish on the second side for 2-3 more minutes. The internal temperature of the fish, when measured at the thickest part, should reach 145°F. If the fish needs to cook longer, add to the oven and check for doneness every 3 minutes. Transfer the fish to serving plates and loosely tent with foil to keep heat in and moisture out.

STEP 4 Prepare the salad. Tear lettuce into bite size pieces. In a salad or mixing bowl, toss with lemon vinaigrette, salt and, pepper to taste. Set aside until ready to serve. Prepare the mint. Roughly chop mint leaves into small pieces. Set aside.

STEP 5 Plate roasted vegetables and top with snapper. Pour onion magic over the top of all components. Garnish with chopped mint. Serve with a side of salad dressed with lemon vinaigrette. Enjoy!

Snapper with Green Onion & Cherry Tomato

4 SERVINGS | HANDS ON TIME: 10 | TOTAL TIME: 30

Rose's Seafood Co. Red Snapper, thawed
Farmhouse Kitchen Onion Magic, room temperature
Farmhouse Kitchen Lemon Vinaigrette, stirred well before use
J & B Farm Green Onions, root end trimmed
Village Farms Cherry Tomatoes, washed
Aqua Dulce Butter Lettuce, root ball removed, washed, dried well
Patty's Herbs Mint, leaves removed from woody stems, washed
Olive Oil or Ghee
Salt and Pepper

Preheat oven to 375° F and place rack in middle position

STEP 1 Prepare the vegetables. After trimming root ends from green onions, cut in half lengthwise and, set aside. Cut cherry tomatoes in half. Toss green onions and cherry tomatoes in 2 tbsp. oil, ½ tsp. salt and pepper on a foil lined sheet pan. Roast for ten minutes. Remove from oven and set aside.

STEP 2 As the green onions and cherry tomatoes are roasting, place a heavy-bottomed cast iron skillet or saute pan over medium-high heat. Pat both sides of the snapper fillet dry with paper towels. Cut the snapper fillet in half to form two portions. Season both sides with salt and pepper.

STEP 3 When the pan is hot and begins to smoke, add 2 tbsp. of oil and swirl to evenly coat the bottom of the pan. Add the fish to the pan, skin side down. The fillet will contract and curve upwards. Use a spatula and press on the flesh until the fillet flattens out, 5-10 seconds. This will help the skin touch the pan and become more evenly crisp. Allow the fish to cook on the first side until a golden brown color on the edge of the skin is visible. Then, gently slide the spatula under the skin and turn it over. Cook the fish on the second side for 2-3 more minutes. The internal temperature of the fish, when measured at the thickest part, should reach 145°F. If the fish needs to cook longer, add to the oven and check for doneness every 3 minutes. Transfer the fish to serving plates and loosely tent with foil to keep heat in and moisture out. (NOTE: You may need to cook the snapper in multiple batches)

STEP 4 Prepare the salad. Tear lettuce into bite size pieces. In a salad or mixing bowl, toss with lemon vinaigrette, salt and, pepper to taste. Set aside until ready to serve. Prepare the mint. Roughly chop mint leaves into small pieces. Set aside.

STEP 5 Plate roasted vegetables and top with snapper. Pour onion magic over the top of all components. Garnish with chopped mint. Serve with a side of salad dressed with lemon vinaigrette. Enjoy!

STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

Red Snapper - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Onion Magic - Store in the refrigerator. Use within 5 days. (Ingredients: Gundermann Acres green onions, Patty's Herbs parsley, fresno chili flake, salt, Texas Olive Ranch extra virgin olive oil)

Lemon Vinaigrette - Store in the refrigerator. Use within 5 days. (Ingredients: G & S Orchards meyer lemon juice, dijon mustard, Patty's Herbs tarragon, Texas Olive Ranch extra virgin olive oil, salt and pepper)

Green Onions - Store upright in glass of water, plastic bag covering the green stalks, in the fridge.

Cherry Tomatoes - Store in a cool, dry place in the kitchen. Use within 5 days.

Butter Lettuce - Store in crisper drawer of refrigerator in an airtight container, wrapped in a dry paper towel. Use within 5 days.

Mint - Trim stems, store upright in a small glass of water and cover leaves with a small plastic bag. Store in the refrigerator, use within 5 days.

***Contains fish inclusive ingredients.**

****Not made with gluten, dairy, egg, nuts, peanuts fish or shellfish containing ingredients.**

*****Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, fish and shellfish.**