
Herb Crusted Snapper with Fresh Avocado Salsa

Total time: 40 min Yield: 4 Servings

Ingredients

2 lb fresh snapper fillet (or any mild flaky variety)
1 cup panko breadcrumbs
1 Tbsp fresh or dried thyme
1 Tbsp fresh or dried parsley
1 tsp garlic salt
2 Tbsp unsalted butter (melted)
zest of one lemon
salt and pepper
cooking spray
2/3 cup frozen corn (defrosted)
1 ripe avocado (diced)
1 large tomato (seeded and diced)
1 lemon (zested)
1 clove garlic (minced)
1 dash olive oil

Prep Time: 40 min Total Time: 40 min

Instructions

Pre-heat your oven to 350° F. Combine the panko with thyme, parsley, garlic salt, melted butter and lemon zest. Lightly season the fish with salt and pepper, then gently press some of the crumb mixture onto one side of each fillet and place on a baking pan coated with cooking spray. Bake in the oven for about 20 minutes, or until the coating is a nice golden brown.

To make the salsa, heat a non-stick frying pan over medium high and lightly char the corn. Combine the avocado, tomato, corn, lemon juice and garlic and toss gently, then add a dash of olive oil and season with salt and black pepper. Just before serving with the fish, fold in the chopped cilantro.

Recipe brought to you by:

Chef Michi Holland

Source:

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