



Garlic Ginger Red Snapper

Ingredients

- 1 ½ oz. Fresh Mangoes, peeled & seeded, julienne
- 1 ½ oz. Fresh Papaya, peeled & seeded, julienne
- 1 ½ oz. Fresh Green Peppers, julienne
- 1 ½ oz. Fresh Red Peppers, julienne
- 3 oz. Fresh Green Cabbage, chiffonade
- 1 ½ oz. Fresh Carrots, julienne
- 2 tsp Fresh Lime Juice
- 2 tsp Canola Oil
- 2 tsp Granulated Sugar
- 2 tsp Fresh Lime Juice
- 2 tsp Fresh Grated Lime Rind
- ¼ Tbsp Cracked Black Pepper
- 2 tsp Apple Cider Vinegar
- 2 tsp Canola Oil
- ¼ tsp Salt
- ½ tsp Ground Black Pepper
- ¾ lb. Red Snapper Fillet, Raw
4 oz. pieces
- 2 tsp Fresh Garlic, minced
- 2 tsp Fresh Ginger Root, minced

Nutrition Facts (per serving)

Calories	159
Fat (g)	4
Saturated Fat (g)	0.5
Cholesterol (mg)	42
Sodium (mg)	181
Carbohydrate (g)	6.2
Fiber (g)	1.3
Protein (g)	23.9
Calcium (mg)	52

Preparation

Combine mango, papaya, green and red peppers, cabbage, carrot, 1st listed lime juice and canola oil, and sugar for slaw. Toss to evenly coat and distribute.

Combine 2nd listed lime juice, lime rind, cracked pepper, vinegar, 2nd listed oil, salt and black pepper for topping. Mix until well-blended. Season fish fillets with garlic and ginger.

Sear fish in a very hot skillet. Transfer to sheet pans and finish cooking in a 350 degree F. oven.

Top each fish fillet with 1 tsp lime topping. Place about 2 oz slaw on each serving plate. Top with 1 fish fillet.

Serves 6

Serving Size: 1 Fillet & 2 oz. Slaw

