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by Editor

Recipes with Let's Cook: Pan Grilled Snapper, Papaya Salad & Rice Noodles



Ingredients

Green Papaya 250g
Red Bell Pepper 130g
Mint Leaves 10g
Coriander Sweet 10g
Shallots 20g
Sweet Basil 10g
Red Chili 20g
Garlic 10g
Thai Dressing by Let's Cook 10g
Rice Noodles 30g
Cooking oil
Roasted Peanuts 70g
Red Snapper Fillet 30g
Salt
Pepper

Servings
2
Person
Preparation Time
30
min

Preparation

1. Fish needs to be out for 15 minutes to come to room temperature. This helps the fish (or any other protein) cook evenly and faster.
2. Glass Noodles; cook them in boiling water for about 15 minutes, drain and was in cold water to remove excess starch.
3. Green Papaya: Peel the papaya and cut into thin straws.
4. Bell Pepper: Red; Cut into fine sticks.
5. Mint Leaves: Chop or tear them by hand.

6 Coriander: Chop.

7 Sweet Basil: Chop or tear by hand.

8 Shallots: Chop fine.

9 Red Chili: Slice thin or mince.

10 Garlic: Mince.

11 Heat some oil in your frying pan. On a medium high heat, start pan frying the fish. They take roughly 3-5 minutes each side. Continue cooking until they're ready.

12 To make the salad, combing the following ingredients in a bowl; Rice Noodles, Green Papaya, Bell Peppers, Mint Leaves, Coriander, Sweet Basil, Shallots, and Garlic. Along with the dressing.

13 Serve with the fish at the base, the noodle salad on top of the fish, topped with peanuts and red chili.

Cooks Note

Red snapper is a good source of omega-3 fatty acids, a family of fats you need to obtain from your diet. Each portion of red snapper contains approximately 0.4 grams of docosahexaenoic acid, or DHA, and 0.1 gram of eicosapentaenoic acid, or EPA.

This DHA plays a role in brain function, and getting enough of it in your diet might lower your risk of Alzheimer's disease. Both types of omega-3 fatty acids benefit those suffering from diabetes and help improve blood lipid levels.