

Curtis Stone's pan-roasted snapper with cauliflower and mushrooms

Served with cauliflower and mushroom, this snapper recipe is one of our favourites.

- Serves 4
- Cooktime 45 mins
- Prep time 10 mins

Ingredients

- 1/4 cup (60ml) red wine vinegar
- 1/4 cup (40g) currants
- 2 tbs finely chopped shallots
- 1 1/2 tbs light brown sugar
- 6 tbs extra virgin olive oil, divided
- 1 head cauliflower, cut into 4cm florets
- 400g brown cup mushrooms, halved (or quartered if large)
- 2 garlic cloves, finely chopped
- 4 (about 160g each) Coles Australian Skin-On Snapper Fillets

Nutritional information

Per Serve: Energy: 2045kJ/489 Cals (24%), Protein: 37g (74%), Fat: 31g (44%), Sat fat: 5g (21%), Carb: 13g (4%), Sugar: 13g (14%), Fibre: 5g (17%), Sodium: 1111mg (56%)
Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Preheat oven to 230°C (210°C fan-forced). In a small saucepan, bring the vinegar, currants, shallots, brown sugar and 2 tbs water to a simmer over medium heat. Reduce heat to low and simmer for 5 mins or until the currants are plump and liquid is reduced to 1/4 cup (60ml). Remove the pan from heat and whisk in 1 tbs of oil. Season with salt and pepper. Transfer the currant vinaigrette to a small bowl.

2. Step 2

On a large rimmed baking tray, toss the cauliflower with 2 tbs oil and ½ tsp salt. Roast the cauliflower, turning occasionally, for 20-25 mins or until tender and lightly browned.

3. Step 3

Meanwhile, heat a large heavy non-stick frying pan over high heat. Add 2 tbs of oil and the mushrooms. Cook, without stirring, for 5 mins or until golden on bottom. Cook, stirring occasionally, for a further 4 mins or until tender and well browned.

4. Step 4

Add roasted cauliflower and garlic to mushrooms in the pan. Cook, stirring, for 1 min or until heated through. Season with salt and pepper. Transfer the cauliflower mixture to the baking tray and cover with foil to keep warm.

5. Step 5

Using paper towel, pat the snapper dry completely. Using a sharp knife, score the skin (don't cut all the way through). Season all over with salt. Heat a large non-stick frying pan over medium-low heat. Add ½ tbs oil and place half the snapper, skin-side down, in the pan. Cook, pressing down on the snapper for the first 2 mins of cooking and gradually increasing heat to medium-high, for 4 mins or until skin is golden and crisp. Turn and cook for 2 mins or until cooked through. Transfer to a plate and cover to keep warm. Repeat with the remaining ½ tbs oil and remaining snapper.

6. Step 6

Divide the snapper among serving plates. Spoon the cauliflower mixture around snapper and drizzle with some of the vinaigrette. Serve with the remaining vinaigrette.