

Harissa snapper with orange, olive and lentil salad

- Soy-free
- High in Dietary Fibre
- Shellfish-free
- No added sugar
- Wheat-free
- Nut-free
- Egg-free
- Gluten-free
- Peanut-free
- High in Protein
- Dairy-free
- 3 serve Veg or Fruit
- Lactose-free

Cooked to perfection, this harissa snapper makes a delicious dinner. Pair it with a fresh-tasting citrus and lentil salad for a mouth-watering main.

- Serves 4
- Cooktime 25 mins 25 minutes
- Preptime 15 mins

Ingredients

- 2 garlic cloves, crushed
- 1 tsp cumin seeds
- 2 tbs olive oil
- 2 bunches Dutch carrots, trimmed, halved lengthways, or 400g baby carrots, quartered lengthways
- 2 tsp harissa spice mix
- 2 Coles Australian Snapper Fillets, halved
- 2 x 400g cans lentils, rinsed, drained
- 150g pitted green olives, quartered
- 4 radishes, thinly sliced
- 3 navel oranges, peeled, segmented

- 1 small red onion, thinly sliced
- 3/4 cup mint leaves

Citrus dressing

- 1/4 cup (60ml) Coles Australian Extra Virgin Olive Oil
- 1/2 orange, rind finely grated, juiced
- 1 lime, rind finely grated, juiced
- 1 lemon, rind finely grated, juiced
- 1/2 small garlic clove, crushed

Nutritional information

Per Serve Energy: 2384kJ/570 Cals (27%), Protein: 48g (96%), Fat: 31g (44%), Sat fat: 7g (29%), Carb: 42g (14%), Sugar: 20g (22%), Fibre: 11g (37%), Sodium: 1349mg (67%)

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 220°C. Line a large baking tray with baking paper. Combine the garlic, cumin and half the oil in a small bowl. Arrange the carrot on lined tray. Brush the carrot with oil mixture and season. Roast for 20-25 mins or until golden and tender. Set aside for 10 mins to cool slightly.

2. Step 2

Meanwhile, to make citrus dressing, combine the oil, orange juice, 1 tbs lime juice, 1 tbs lemon juice, orange rind, lime rind, lemon rind and garlic in a screw-top jar. Season. Shake well to combine.

3. Step 3

Combine the harissa and remaining oil in a shallow bowl. Add the fish and turn to coat. Season. Heat a large frying pan over medium-high heat. Cook fish for 3 mins each side or until golden and just cooked through.

4. Step 4

Combine the lentils, olive, radish, orange, onion and mint in a large bowl. Add carrot and half the dressing and gently toss to coat. Season.

5. Step 5

Divide the fish and carrot mixture among serving plates. Drizzle with the remaining dressing to serve.