

# Veggie Stuffed Snapper with Rustic Greens & Grains

## INGREDIENTS: STUFFED SNAPPER

- 4 medium filet (Snapper, Flounder, Whitefish)
- Pink Himalayan salt
- Garlic powder
- Cumin
- Paprika
- Chili powder
- Pepper
- Ginger powder
- 1 lemon
- Avocado oil
- 1/2 zucchini, sliced into thin strips
- 2 carrot, sliced into thin strips
- 2 celery stalks, sliced in thin strips
- 4-5 cloves garlic

## INGREDIENTS: GREENS & GRAINS

- 3-4 cups salad mix (butter lettuce, spinach, red lettuce)
- 4-5 cloves garlic, minced
- 1/2 yellow onion sliced
- 2 TBSP avocado oil
- 1/2 cup cooked brown rice per serving
- 2 TBSP Tamarind (or can substitute with a mix of vinegar, worcestershire, lemon juice, and pomegranate juice)
- 1/2 lemon juiced
- 1/2 TBSP Organic Honey or agave



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## INSTRUCTIONS: STUFFED SNAPPER

1. Preheat your oven to 350 degrees
2. Prepare fish filet by patting dry with paper towel
3. Season fish filet generously with salt, pepper, garlic powder, cumin, paprika, chili powder, and ginger powder
4. Squeeze lemon juice all over fish and coat with avocado oil (more or less depending on size of fish)
5. Prepare all of your vegetables by slicing carrots, zucchini, and celery into thin medium strips
6. Place a good portion of each vegetable in the center of the fish filet and roll. You may need to remove or add vegetables depending on the fish in order for it to roll.
7. Place rolled fish onto a baking sheet and place in the oven for 15 - 20 minutes or until fish is properly cooked through and vegetables are tender
8. While the fish is cooking, prepare the salad mixture to be served underneath the fish



# Veggie Stuffed Snapper with Rustic Greens & Grains

## INSTRUCTIONS: GREENS & GRAINS

1. Roughly chop up salad mixture of butter lettuce, spinach, and red lettuce and set aside
2. In a preheated saute pan add garlic, onion, and avocado oil and saute for 1 - 2 minutes until onions are translucent and garlic is fragrant
3. Add the salad mixture to the pan and continue to saute for an additional 1 - 2 minutes and then add the cooked brown rice to the pan
4. Saute mixture together until salad mixture has wilted, onions are tender, and brown rice is heated thoroughly
5. In a small bowl add the tamarind, lemon juice, and honey and stir to combine

## PUTTING IT ALL TOGETHER

1. On a plate, place salad and rice mixture with veggie stuffed fish filet on top and coat with the tamarind, lemon, honey mixture.
2. Enjoy!

