



Seared Red Snapper

Ingredients:

6 oz pacific red snapper, skin on seasoned with salt and pepper

5 oz olive oil, divided

3 oz yellow potato, thinly sliced

1/2 medium zucchini, sliced

2 oz sweet onion, chopped

12 grape tomatoes, halved

4 fresh basil leaves

3 oz artichoke hearts

salt and pepper

squeeze of fresh meyer lemon.

Directions:

Heat up 3 oz olive oil, add fish skin side down for 4 minutes on high heat. Remove fish, set on paper towel.

In the same pan add potatoes, zucchini, onions, and tomatoes. Lower to a a simmer and cook together for 8 minutes. Add fish back in, skin down, and cover.

Allow to simmer for 3 more minutes and add basil. Serve with artichoke hearts on top, squeeze of lemon.

