

6-Minute Red Snapper Recipe



My red snapper recipe is grilled or pan-fried to perfection! Ready in just 6 minutes, the fish is moist and flaky and does not taste "fishy" at all! **Watch the video below to see how I make it in my kitchen.**

Course	Main Course
Cuisine	American
Prep Time	1 minute
Cook Time	6 minutes
Total Time	7 minutes
Servings	4 servings
Calories	114kcal
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Ingredients

- 1 pound red snapper fillets 4-5 fillets
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Instructions

1. Pat down the red snapper with a paper towel to ensure there is no excess liquid.
2. Generously rub both sides of the fish with olive oil. Sprinkle the salt and pepper.
3. Heat the grill to medium/high and ensure the grill is clean. Brush more oil over the top. Alternatively, grease a non-stick pan or cast iron skillet.
4. Add the snapper and cook for 2-3 minutes, or until the sides go slightly opaque. Flip the fish and cook for a further 2 minutes.
5. Remove the red snapper from the heat and serve immediately.

Notes

TO STORE: Leftovers can be stored in the refrigerator, covered, for up to three days.

TO FREEZE: Place the cooked and cooled snapper in an airtight container and store it in the freezer for up to two months.

TO REHEAT: Either reheat the snapper on the grill or a non-stick pan.

Nutrition

Serving: 1serving | Calories: 114kcal | Carbohydrates: 1g | Protein: 23g | Fat: 4g | Sodium: 363mg |
Potassium: 476mg | Fiber: 1g | Vitamin A: 122IU | Vitamin C: 2mg | Calcium: 38mg | Iron: 1mg

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