

## TOP FLAT BELLY RECIPES

*Fast & Easy Food In A Flash...*

### **Snappy Snapper dish.**

*If I can cook this it has to be fool proof!*

*I love snapper and as I only eat fish once or twice a week (and zero meat) I'm ok with spending a little more, however choose whatever white fleshed fish you fancy...*

100-200gm snapper fillet per person.

Extra virgin olive oil, rock salt, chili flakes, fresh lime and ground coriander seeds.

First up, brush the fish on both sides with olive oil and rock salt then sear it skin side down in a heavy based oven proof fry pan for 60 seconds.

Next, carefully turn the fish and sprinkle with chili and ground coriander seeds then add a generous squeeze of lime.

Cook the fish right in the fry pan in oven preheated to 200 degrees celsius for anywhere from 8-20 minutes (dependent on size and thickness). It really is super easy to tell when it's done as a thin metal skewer slides easily into the flesh and there is no pinkness. If it's on the longer side you may want to cover the pan near the end with some foil to avoid drying out your fish.

I like this with a huge serve of crispy brussels and kales crisps (recipes here: [LINK](#)) ...however, my mum would say the colour is lacking in such a combo (!) so here is a pretty salad alternative...

### **Rocket and Mango Salad**

1/2 a juicy mango

30gm roasted pine nuts

100-200gm rocket

100-200gm baby spinach

1/2 avocado

1/4 red onion

Assemble salad leaves, and finely sliced red onion. Add chunkily cut mango, avocado and roasted pine nuts.

The juice from the mango will spread over the salad when you lightly toss it, however add balsamic vinegar to dress if desired.

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