



Jerk Snapper

By Paulette Daley

Servings: 2-3

Active time: 15 minutes

Total time: 1 hour, 10 minutes

Ingredients

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| 1 medium yellow onion, chopped | 2 tablespoons Jamaican jerk seasoning |
| 5 stalks green scallion, chopped | 2 whole red snappers, scaled and gutted, about 2 lb each |
| 5 cloves garlic, minced | 2 limes, juiced |
| 5 sprigs organic thyme | 2 green bell peppers, julienned |
| 2 teaspoons ground allspice (pimento) | |
| 1/2 teaspoon grated nutmeg | |
| 1 red habanero (without seeds) | |
| 1 tablespoon sea salt | |

Steps

1. Process onions, scallions, garlic, thyme, allspice, nutmeg, habanero, salt, and jerk seasoning in a small food processor. Reserve 1 tablespoon.
2. Rub snapper with lime juice. Pat dry and score fish down to the bones on both sides (6 slits per side). Add remaining seasoning all over the fish, including inside. Marinate fish for 30 minutes.
3. Marinate bell peppers with reserved seasoning for 30 minutes.
4. When ready to cook, preheat oven to 400°F for 25 minutes. Place marinated bell peppers in a seasoned cast iron pan. Add marinated fish on top of the bell peppers.
5. Bake 30 minutes or until fish is flaky and 145°F. Broil for 2-3 minutes. Serve.

