

Red Snapper Livornese

Oscar · 28/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

4

Description

This tangy easy livornese recipe works with almost any firmfleshed fish fillets such as red snapper sea bass grouper Its adaptable for sole flounder tilapia and other thin fillets by adjusting the cooking time Serve with white rice or couscous and a salad or steamed broccoli

Ingredients

- - 2 tablespoons olive oil - ½ small onion
- diced - 2 cloves garlic
- minced - 5 whole canned tomatoes
- drained and chopped - 2 tablespoons capers
- chopped - ½ cup sliced black olives
- drained - ¼ teaspoon crushed red pepper flakes - ½ tablespoon chopped fresh parsley - 1 pound red snapper fillets - 1 tablespoon fresh lemon juice

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). In a medium skillet
2. heat olive oil. Add onion and sauté until tender
3. about 5 minutes. Add garlic and sauté for 1 minute. Stir in tomatoes
4. capers
5. olives
6. pepper flakes
7. and parsley. Bring to a boil
8. then simmer for 10 minutes. Spread 1/2 cup sauce in an 11x7-inch baking dish. Arrange snapper fillets in a single layer over sauce. Drizzle fillets with lemon juice
9. then pour remaining sauce over top. Bake in the preheated oven for 15 minutes for 1/2-inch thick fillets
10. or 30 minutes for 1-inch thick fillets. Baste once with the sauce while baking. Snapper is done when it flakes easily with a fork.