Oven-baked red snapper fillet

“Filetti di scorfano” – Redfish with rice in a fruity tomato sauce

Easy 4 Servings 30 min.



Redfish comes from the Atlantic. Nevertheless, it’s very popular in Italy—especially when served as succulent as this, atop fragrant rice, as in this recipe. In Italian cuisine, fish dishes are served as the “secondo piatto”—that is, as the second main course. The fish takes center stage, is flavorfully seasoned or stuffed, and is prepared in a variety of ways: grilled, braised, pan-fried, or au gratin. Buona pesca! (Good fishing!)

Ingredients

2 red snapper fillets

2 tsp sweet mustard

1 can ORO di Parma chunky tomatoes (400 ml)

1 lemon

1 leek (250 g)

1 tsp cumin

1 tsp sweet paprika

One sprig each of dill and chives

2 tbsp extra virgin olive oil

Salt, freshly ground pepper

Step 1: The Preparation

First, drizzle the redfish fillets with lemon juice and set them aside for now. For the sauce, finely chop the dill and chives. In a bowl, mix the package of ORO di Parma chunky tomatoes with mustard and olive oil. Stir in the cumin, sweet paprika, dill, and chives, and season the tomato sauce with salt and pepper to taste.

Step 2: The red snapper fillets

This dish turns out best when cooked in a roasting bag. Cut the leek into pieces, place them in the center of the roasting bag, and cover them with tomato sauce. Place one of the red snapper fillets on top and brush it with tomato sauce as well. Now all you have to do is seal the ends of the roasting bag and repeat the steps with the second fillet. Bake the filled roasting bags in the oven at 200°C (top and bottom heat) for about 15 to 20 minutes.

Step 3: The Finale

Cook the rice according to the package instructions while the redfish fillets are still in the oven. Once the rice is done, arrange it on a plate and top it with the juicy fillets and the leek-tomato sauce. Incredibly delicious!

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