

**LIVING WELL
WITH MACULAR
DISEASE**



**Macular
Disease
Foundation
AUSTRALIA**

Festive Baked Whole Snapper with Risóni Salad

Enjoy this delicious eye-healthy
recipe from Shane, a
community member who lives
with macular dystrophy



Festive Baked Whole Snapper

PREP: 20mins COOKING: 40 – 50mins

Ingredients:

- 1 fresh whole snapper (1.2 – 1.5kg) cleaned
- 2 lemons
- 1 red chilli (optional)
- 9-10cm stick of lemongrass
- 4cm piece of fresh ginger
- 4 cloves of garlic
- Fresh dill (approximately 5 sprigs)
- 2 tablespoons of soy sauce
- Olive oil
- Tin foil

Method:

1. Preheat oven to 200 degrees C (fan-forced) or 220 degrees C (non-fan forced).
2. Take one lemon. Remove the ends and divide into 3 slices of approximately 1cm each.
3. Place a frypan onto heat with a splash of olive oil and heat to medium high. Place the 3 lemon slices face down into the hot pan and cook for approximately 3 minutes. Turn the slices until caramelised and a little black. Cook the other side for about 2 minutes and remove from heat.
4. Finely chop the chilli, 3 cloves of garlic and a 5cm piece of lemongrass. Peel the 4cm piece of ginger and finely grate half (I use a microplane but a fine grater is fine).
5. Take the fish and pat dry with a paper towel. Score 3 times on each side by running a sharp knife across the flesh to the bone, from the top to the bottom: one behind to the front fin, one in the middle

and one near the tail. This will help the flavours to work through the fish as it cooks.

6. Take a long piece of tin foil, enough to completely wrap the fish and grease with olive oil. This prevents the fish from sticking to the foil.
7. Place the fish in the centre of the foil. In the cavity, place 1 whole clove of garlic, the remaining 2cm piece of ginger, a 4cm piece of lemongrass, a wedge of fresh lemon, and a sprig of dill.
8. Sprinkle the topside of the fish with the chopped garlic, lemongrass and grated ginger and rub into the flesh ensuring some goes into the cuts (scores) you made in the flesh. Place the three caramelised lemon slices in a line over the top.
9. Pour soy sauce and the juice of half a lemon over the fish then season with salt and pepper.
10. Wrap up the fish in the tin foil, and seal it. Place on an oven tray and bake for 45 minutes.
11. Serve on a large platter on its own or with a salad like Risoni Salad (recipe follows). Garnish with fresh dill sprigs. The flesh will lift off the bone easily, and when one side is finished simply lift out the bone from the tail. All bones will come out in one piece.



Risoni Salad

This can be eaten as a dish on its own or as an accompaniment to other dishes.

Ingredients:

- 300 grams fresh green beans cut into 4cm lengths (you can also use asparagus if in season)
- 1 cup of frozen green peas
- 1 cup edamame beans (rinsed in water)
- 1 jar of marinated artichoke hearts, cut into quarters. Reserve remaining artichoke oil for the dressing.
- 1 can of chickpeas (rinsed in water)
- 2 cups of risoni pasta
- 7 tablespoons of vegetable oil. Reserve 2 tablespoons to cook the leek.
- Zest of 1 lemon
- Juice of 2 lemons
- 1 leek, thinly sliced in rings
- ¼ tablespoon of salt
- ¼ tablespoon of black pepper
- 1 cup of chopped parsley
- ½ bunch chopped dill

Method:

1. Bring a large pot of water to the boil, add risoni pasta, stirring for 1 minute then simmer for 8 minutes. Strain, rinse with cold water and cool.
2. Cook the peas and beans for 3 minutes, drain and refresh with cold water.
3. Place 2 tablespoons of vegetable oil in a frying pan on medium heat. Add leek and sauté for 5 minutes or until soft and tender. Add salt and pepper.
4. In a large bowl add chickpeas, edamame beans, lemon juice, zest, artichoke oil, and all remaining ingredients. Toss until all ingredients are combined.