

## Mediterranean Red Snapper *with a*

### Pine Nut Herbed Couscous

*Brought to you by Christopher Aquilino, Culinary Specialist Earth Fare*

This flavorful Northern Italian inspired dish will give you the nutrition you need with the summer-time freshness you crave. Best of all, you will have a complete meal on your table in 25 minutes or less.

Serves 2

Prep Time: 10 minutes

Cooking Time: 10 minutes

2-4 ounce portions of Wild Red Snapper (*ask your local seafood market expert to skin & portion*)

¼ cup Kalamata olives, *pitted*

¼ cup grape tomatoes, *washed*

½ cup fresh baby spinach

1 Tablespoon garlic

1 Tablespoon extra virgin olive oil

4 Tablespoons white wine

3 Tablespoons fresh oregano

1 Tablespoon fresh basil, *torn into strips*

1 cup whole wheat couscous

2 Tablespoons pine nuts

Kosher salt *and* freshly ground pepper to taste

Preheat your oven to 350 degrees. Bring 2 cups of low-sodium chicken broth to a boil. In a bowl, add 1 cup of whole-wheat couscous, 1 Tablespoon of oregano, 2 Tablespoons of pine nuts and 1 Tablespoon of freshly torn basil. Pour the hot chicken stock over the couscous, stir and cover the bowl with plastic wrap. Set aside.

In an all-metal 2-quart saucepan, add 1 to 1 ½ Tablespoons of olive oil and place on the stovetop on medium-high heat. Add the 2 fillets of snapper, skin side down, side by side into the center of the saucepan. After about 1-2 minutes, flip the snapper fillet. Next, add 1 Tablespoon of garlic, ¼ cup of grape tomatoes, 2 Tablespoons of fresh oregano and 4 Tablespoons of white wine. Let simmer. Next, incorporate ¼ cup of Kalamata olives and ½ cup of fresh spinach. Cover the saucepan and place it into the pre-heated oven for 5-7 minutes. The Snapper should be white and flaky. Serve the Snapper along side your couscous. Enjoy!