Whole Snapper with Mango Salsa

Golden snapper skin and a spoonful of sweet mango, red onion and chives on the side.



SERVES 2 / LARGE HOB-SAFE ROASTING TIN

Prep 15 min · Cook 15–25 min

Ingredients

1 whole snapper (about 700–800 g), scaled and gutted

1 ripe mango (about 220 g diced flesh)

¼ small red onion, finely diced

2 tsp finely snipped chives

15 ml sweet chilli sauce

20 g plain flour, ¼ tsp salt and a pinch of black pepper

25 ml olive oil

At the stove

1. Dice

Fold the mango, onion, chives and sweet chilli sauce together.

2. Brown

Dry and score the snapper, dust with seasoned flour and brown it on both sides in a hob-safe roasting tin.

3. Finish

Finish in the oven until the thickest flesh reaches 63°C. Serve the salsa beside the fish.

KOOK'S SECRET

Try lifting a corner of the fish before you turn it. If the skin catches, give it another half-minute to brown and release.

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The full method

01 **Mix the salsa**

Heat the oven to 200°C conventional (180°C fan). Cut the mango into small dice. Fold through the onion, chives and sweet chilli sauce. Set aside while the fish cooks.

02 **Prepare the fish**

Pat the snapper dry, inside and out. Make three shallow diagonal cuts on each side. Mix flour, salt and pepper on a tray. Dust both sides lightly, shaking off any loose flour.

03 **Brown the skin**

Choose a heavy hob-safe roasting tin that will take the fish from head to tail. Heat the oil in it over medium-high heat. Lay the fish in and cook for 3–4 minutes until the skin releases. Turn gently with two wide spatulas and brown the other side for 2 minutes.

04 **Finish in the oven**

Put the tin in the oven for 10–18 minutes, checking from 10. Probe the thickest flesh behind the head, clear of the backbone. At 63°C it should flake easily. Lift onto a platter and serve the salsa alongside. Lift portions off the bone, checking for pin bones as you go.

FROM MARK'S KITCHEN

Keep the salsa beside the fish until everyone's at the table. Its sweet juices make a lovely mouthful with the snapper, but they soften crisp skin.