

# Recipes for diabetes friendly cooking

Try this

## Red Snapper with Escovitch Vegetables and rice and peas



### Ingredients

2 medium red snappers  
(cleaned and scaled)  
Sprinkling of season all powder  
 $\frac{1}{2}$  lime or lemon  
Spray oil (vegetable oil)  
1 bay leaf  
2 garlic cloves, finely chopped  
 $\frac{1}{2}$  teaspoon ginger  
1 medium onion, thinly sliced  
1 large carrot (cut into thin strips)  
1 red bell pepper, thinly sliced  
1 yellow bell pepper, thinly sliced

## Method

### Red snapper

Method 1.

Set oven to hot – 200-230°C/425°F/Gas mark 7-8

Cooking time – approx. 25 minutes

Method 2.

Seasoned fish can be cooked in an air fryer set at 175°C/350°F

Squeeze lemon over red snappers (cleaned and scaled).

Add a sprinkling of all season powder inside the fish.

For method 1 oven cooking, spray the fish with 2 pumps of spray oil.

Place fish on kitchen foil and bake in the oven for 10 minutes each side.

For method 2 air fryer cooking, place the fish in the air fryer tray and cook for 8 minutes.

### Escovitch vegetables

Using a large pan, spray 2-3 pumps of spray oil and cook on a medium heat.

Add the bay leaf.

Add 2 cloves of garlic, finely chopped.

Add ½ teaspoon ginger and stir fry for a minute.

Add the onion and continue stirring for 2-3 minutes.

Add the bell peppers and continue stirring for 2-3 minutes.

Add the carrot and continue stirring for 2-3 minutes.

Add the thyme and continue stirring for 2-3 minutes.

Add the whole scotch bonnet and continue stirring for 2-3 minutes.

Add the Worcestershire sauce and continue stirring for 2-3 minutes.

Add the white vinegar and continue stirring for 2-3 minutes.

Add the white pepper and continue stirring for 2-3 minutes.

Discard the bay leaf and thyme sprigs.

Serve over the fish with steamed bammy or rice and peas.