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Sicilian Fish with Caponata on a Bed of Creamy Mash

Never one for over complicating a dish, the Sicilians have done it again. Tried and tested flavours of smoky eggplant, sweet capsicum and punchy capers are paired with fresh fish and given the perfect backdrop with creamy mash. The key to the caponata is in the vinegar, so don't hold back.



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



level 1



high protein



seafood first

Pantry Items



Milk



Butter



Olive Oil



Red Wine Vinegar



Potatoes



Red Onion



Red Capsicum



Eggplant



Garlic



Capers









Snapper

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2P	4P	Ingredients
400 g	800 g	potatoes, peeled & cut into 2 cm chunks
¼ cup	½ cup	milk *
1 tsp	2 tsp	butter *
1 tbs	2 tbs	olive oil *
½	1	red onion, finely chopped  
½	1	red capsicum, cut into 1 cm cubes 
1	2	eggplant, cut into 1 cm cubes 
1 clove	2 cloves	garlic, peeled & crushed 
2 tbs	4 tbs	red wine vinegar *
1 tbs	2 tbs	capers
2 fillets	4 fillets	snapper

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	1790	Kj
Protein	41	g
Fat, total	11.7	g
-saturated	3	g
Carbohydrate	35.2	g
-sugars	9	g
Sodium	367	mg

Disclaimer: Potatoes naturally vary in size, we may over supply you but please use the weight stated for this recipe.



You will need: *chef's knife, chopping board, garlic crusher, vegetable peeler, colander, bowl, wooden spoon, tongs, potato masher, aluminium foil, paper towel, medium frying pan and a large saucepan.*

1 Preheat the oven to **200°C/180°C**.

2 To make the mash, place the **potatoes** in a large saucepan of salted water, bring to the boil and cook for **15 minutes** or until tender. Drain and return back to the saucepan. Add the **milk**, **butter** and a good season of **salt** and **pepper**. Mash with a potato masher or fork until smooth. Cover to keep warm.

3 Meanwhile, heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **red onion**, **red capsicum** and **eggplant**. Cook, stirring, for **5 minutes** or until the vegetables begin to soften. Add the **garlic** and cook for **1 minute** or until fragrant. Add the **red wine vinegar** and cook for a few seconds to reduce. Add the **capers** and reduce the heat to medium-low. Season to taste with salt and pepper and simmer covered for **10 minutes** or until softened. Transfer to a bowl and cover with foil to keep warm.

4 While the caponata is simmering, heat a greased medium ovenproof frying pan over a medium-high heat. Add the **snapper**, skin side down, and cook for **1 minute**. Turn, and cook for a further **1 minute**. Turn the fish back to skin side down, transfer the pan to the oven and cook for **6-7 minutes**.

5 Divide the mashed potato between plates. Top with the fish and then spoon over the delicious caponata sauce.

Did you know? Capers are pickled flower buds.

