



Seared Fish with Oranges



Though Snapper is a perfect choice here – any fish goes well in this recipe.

INGREDIENTS

- 2 oranges
- 1 small onion, finely chopped
- 1 tablespoon virgin olive oil
- 4 x 150g fish fillets, skin on, halved diagonally
- 2 bunches asparagus, trimmed
- 1 bunch watercress, leaves picked (optional)

METHOD

Peel oranges and thinly slice into rounds over a small bowl to catch the juices. Reserve 1 tbs juice. Combine the onion, olive oil, and reserved juice in a bowl. Season. Set aside.

Preheat a Skillet over medium heat. Lightly spray the fish and asparagus with oil. Cook the fish, skin side down, for 1-2 minutes or until crisp. Turn and cook for 2 minutes or until cooked through. Transfer to a plate. Cook the asparagus, turning, for 1-2 minutes each side or until just tender.

Arrange the asparagus, watercress and orange slices on serving plates. Top with the fish, drizzle with the orange dressing. Serve with freshly baked bread.

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