



## Whole Baby Snapper

Serves 2

**Prep time: 5 mins**

**Cooking Time: 10 mins**

**Utensils: alfoil, egg flip, grater, knife**

### **Ingredients:**

500g baby snapper  
1 tbs shiro miso paste  
1 tsp mirin  
1 orange, half in thin slices and half juiced  
1 tbs ginger sliced finely

### **Method:**

In a small bowl mix together the miso paste, mirin and orange juice. Set aside. Have enough tin foil to cover the fish twice. Slice a few more pieces of orange and place them in the centre of the tin foil. Place the fish on top. Now rub the paste all over it, both sides. Top with a few orange slices and sprinkle with the ginger. Fold the tops of the foil together and secure the ends. Put on a hot barbeque and cook for 7 mins. Check if it's cooked by piercing with a knife. The knife should easily touch the bones but still be juicy. Take off just before it's cooked as it will keep cooking in the foil.

<b>Ingredient</b>	<b>Calories</b>	<b>Carb</b>	<b>Protein</b>	<b>Fat</b>	<b>Sodium</b>
<b>350g snapper</b>	340	-	71.4	5.6	297.5
<b>1 orange</b>	67	12.8	1.6	.2	4.8
<b>1 tbs ginger, sliced finely</b>	4	.6	-	-	1.4
<b>1 tbs miso paste,</b>	45	4.9	2.7	1.4	857.4

<b>shiro</b>					
<b>1 tsp mirin</b>	10	2.1	-	-	37.5
<b>Total</b>	<b>466</b>	<b>39.3</b>	<b>75.7</b>	<b>7.2</b>	<b>1,198.6</b>

**Table is for 2 servings**

**Per Serve**

Calories - 233

Carb – 19.65

Protein – 37.85

Fat – 3.6

Sodium – 599.3