

Spiced Snapper with BBQ Corn & Pineapple Dressing



 Serves: 4  Prep: 10 minutes  Cook: 25 minutes  [Stack Cup](#)

Looking for a quick and easy low FODMAP dinner that's full of flavour? This spiced snapper recipe has both. It is so quick to prepare and can be thrown on the BBQ to add that smokey, BBQ flavour to your dish.

Metric Imperial

ingredients

2 corn cobs, husks and silk removed	150 g
2 tsp ground turmeric	4 g
1 tsp curry powder	2 g

1 Tbsp canola oil	18 g
4 snapper fillets (skin on)	600 g
1 lemon, quartered	
Steamed white long-grain rice, to serve	
Fresh pineapple, peeled, finely diced	400 g
1 spring onion, green tips only, thinly sliced	5 g
1 green capsicum, finely diced	300 g
1 green chilli, seeded, finely chopped	28 g
2 Tbsp lemon juice	40 g

Method

Step 1

Cook corn in boiling water for 5 minutes. Drain, cool and cut corn into 2.5cm-thick rounds.

Step 2

To make the pineapple salsa: place pineapple, spring onion, capsicum, chilli and lemon juice in a bowl. Stir to combine.

Step 3

Combine turmeric, curry powder and oil in a small bowl. Place fish on a plate and brush both sides with the turmeric mixture.

Step 4

Heat a barbecue hotplate or frying pan on medium-high heat. Cook the fish, skin-side down, for approximately 3 minutes. Turn and cook the fish for a further 3 minutes or until browned and just cooked through. Transfer to a plate and cover with foil to keep warm.

Step 5

Add corn and lemon quarters to the barbecue hotplate. Cook for 3 minutes or until golden and just starting to char. Place steamed rice on serving plates. Top with fish, pineapple salsa and serve with corn and charred lemons.

Hints

Image credit:

<http://www.taste.com.au/recipes/44446/spiced+snapper+with+barbecued+corn+and+pineapple+salsa>

