



# Pan-Seared Snapper with Cauliflower Risotto

Prep Time: 20 minutes  
Cook Time: 20 minutes  
Yield: 4 servings

## INGREDIENTS

### ***Pan-Seared Snapper-***

***1lb of Snapper or a flaky white fish***

***6 tablespoons of clarified butter***

***1/2 cup of vegetable stock or white wine***

***Juice of 1 lemon***

***Salt and pepper***

***2 oz of seafood seasoning***

### ***Cauliflower Risotto-***

***3 Tablespoons butter***

***1 shallot minced***

***1 clove garlic minced***

***16 oz riced cauliflower (about 1 head)***

***1/2 cup heavy cream***

***1 cup of shredded parmesan***

***1/2 tsp salt***

***1/2 tsp black pepper***

***2 Tablespoons of Parsely***

### ***Garnish (optional) -***

***Microgreens or edible flowers***

## DIRECTIONS

For the fish- Melt 2 Tablespoons of butter in a cast-iron or other large skillet over medium/high heat. Liberally season the snapper with seafood seasoning. Once the butter is melted and the pan is HOT, lay the snapper down in the hot skillet. Cook on this side for 3 to 4 min, or until the snapper develops a slight golden brown color. Carefully remove the fish from the pan and set aside on a plate. The fish will not be completely cooked.

Add in the remaining butter and the onions to the pan. Saute onions for about 8 min or translucent. Add in the white wine/broth and bring to a boil, scraping off any remnants from the fish and onions. Basically, you are deglazing the pan here for that ultimate flavor. Once sauce is boiling, turn to low and let simmer for about 3-5 min. Add in the fish and continue to let simmer until fish is cooked through, about 3 min.

Cauliflower Risotto- Melt the butter over medium heat. Add the shallots and cook for 3 min, stirring often. Stir in the garlic and cook for 30 sec. Add the cauliflower and cook over medium heat for 10 min, stirring often. Add the cream, Parmesan, salt, pepper and stir well. Cook over medium heat, stirring occasionally, until cauliflower is tender and mixture is thick and creamy, about 5 min.

