

One-pan snapper and cannellini puttanesca



Recipe by Nutritionist Rosie Eyre of [By Rosie](#)

This quick and easy one-pan dish is ideal for older adults:

- The soft, tender snapper provides easy-to-digest protein for maintaining muscle.
- Cannellini beans and vegetables provide fibre. This supports a regular bowel.
- Heart-healthy olives and olive oil provide beneficial fats.
- Tomato sauce, capsicum, and capers provide antioxidants and micronutrients. These help manage blood sugar and support cardiovascular health. This makes the dish suitable for those with type 2 diabetes.

Even better that there is only one pan to wash up after!

Serves: Two to three people

Prep: 10 minutes

Cook: 25–30 minutes

Ingredients:

- 2 snapper fillets (approx. 150–180g each)
- 1 can (400g) cannellini beans, drained and rinsed
- 1 red capsicum, sliced or chopped small
- ½ cup olives, pitted and halved (Kalamata) ([these ones](#) are fine)
- 2 tbsp capers, drained
- 1 cup tomato passata (I like [this brand](#))
- 2 cloves garlic, minced (or used pre-minced garlic)
- 1 tsp dried oregano
- ½ tsp chili flakes (optional)
- 1–2 tbsp olive oil
- Salt and pepper to taste
- Fresh parsley for garnish
- Broccoli to serve

Method:

1. Prepare all your ingredients.
2. In a large frying pan that houses a lid, on medium heat, drizzle in olive oil. Once hot, add garlic and fry for 1 minute until fragrant.
Tip: be careful not to burn garlic, as it ruins its flavour.
3. Next, add capsicum and capers and fry for 3–4 minutes.
4. Then add olives, cannellini beans, tomato passata, oregano, chilli flakes (if using), and a drizzle of olive oil. Season lightly with salt and pepper. Simmer on medium heat for 5–7 minutes, stirring occasionally.
5. Time to add the snapper. Nestle snapper fillets in the bean and tomato mixture. Drizzle a little olive oil over the fish and season.
6. Place the lid on and turn down to a simmer for 7–9 minutes until snapper is cooked through.

Tip: white fish is cooked when no longer translucent in the middle and flakes easily.

7. Serve up with cooked broccoli and chopped parsley.

Tip: for extra flavour, squeeze a little fresh lemon over the fish just before serving.

Enjoy!

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