

DINNER

Peanut-Crusted Snapper

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$3.07	272 kcal

Peanut-Crusted Snapper could be just the pescatarian recipe you've been looking for. This recipe serves 4. One portion of this dish contains approximately 111g of protein, 12g of fat, and a total of 612 calories. For \$3.07 per serving, this recipe covers 25% of your daily requirements of vitamins an...

Ingredients

☐ ¾ teaspoon curry powder	☐ 2 large egg whites
☐ ¼ cup fat-free milk	☐ ¼ teaspoon ground cinnamon
☐ 2 teaspoons ground coriander	☐ 1 teaspoon ground cumin
☐ 4 lime wedges	☐ 1/3 cup panko (Japanese) breadcrumbs
☐ 24 ounce red snapper fillets	☐ ¼ cup finely chopped roasted peanuts
☐ ¾ teaspoon salt	☐ 1 teaspoon sugar

EQUIPMENT Frying pan, Oven, Whisk

Method

- 1 Preheat oven to 47
- 2 Heat a large ovenproof skillet over medium-high heat.
- 3 Combine milk and egg whites in a shallow dish, stirring with a whisk.

- 4 Combine breadcrumbs and next 7 ingredients (through cinnamon) in another shallow dish. Working with 1 fillet at a time, dip fillet, skin side up, in egg mixture; dredge fillet, skin side up, in breadcrumb mixture. Repeat procedure with the remaining fillets, egg mixture, and breadcrumb mixture.
- 5 Coat pan with cooking spray.
- 6 Add snapper fillets, skin sides up, to pan, and cook 1 1/2 minutes. Turn fillets over; place pan in oven.
- 7 Bake at 475 for 10 minutes or until fish flakes easily when tested with a fork.
- 8 Serve with lime wedges.

Nutrition per serving

272
KCAL

41 g
PROTEIN

7 g
FAT

10 g
CARBS

Saturated Fat	1.3 g · 8% of daily needs
Fibre	2.2 g · 9% of daily needs
Sugar	2.5 g · 3% of daily needs
Sodium	656 mg · 29% of daily needs
Cholesterol	63.4 mg · 21% of daily needs
Vitamin C	8.3 mg · 10% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/peanut-crusted-snapper-148476