

## Crispy Pan-Seared Snapper with Roasted Vegetables: A Restaurant-Quality 30-Minute Meal

Perfectly Crispy Pan-Seared Snapper with Roasted Vegetables & Peppery Arugula



**OVEN**  
**400°F**

**TIME**  
**45 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

For the Fish:

2 (6-ounce) red snapper fillets: Look for skin-on fillets that are bright and firm.

1 tbsp olive oil: For high-heat searing.

1 tbsp unsalted butter: This adds that rich, nutty finish and helps with browning.

Salt and black pepper: To taste.

For the Roasted Vegetables:

1 cup cherry tomatoes: Halved so they burst and create a natural "sauce."

1 bell pepper: Sliced thin (I prefer orange or yellow for color).

1/2 red onion: Sliced into wedges.

1/2 cup sugar snap peas: For a necessary crunch.

2 tbsp olive oil: To coat.

Salt and black pepper.

For the Assembly:

1 cup fresh arugula: The peppery notes cut through the richness of the butter.

Edible flowers: Optional, but they make the plate look like a million bucks.

Dressing: A simple lemon-olive oil vinaigrette or your favorite light dressing.

### DIRECTIONS

1. Roast the : Vegetables: Preheat your oven to 400°F. On a large baking sheet, toss your tomatoes, peppers, onion, and snap peas with olive oil, salt, and pepper. Spread them in a single layer. Roast for 15-20 minutes. You want the tomatoes to be blistered and the onions to have those beautiful charred edges.
2. Dry the : Fish: This is the most important step! Use a paper towel to pat the snapper fillets bone-dry. If there is moisture on the skin, it will steam rather than sear. Season both sides generously.
3. The : Sear: Heat the oil and butter in a non-stick or cast-iron skillet over medium-high heat. Wait until the butter stops foaming and starts to shimmer.
4. Skin-: Side Down: Place the fillets in the pan, skin-side down. Use a spatula to press down firmly for about 10 seconds. This prevents the fish from curling and ensures the skin is flat against the heat.
5. Flip: Cook for 4-5 minutes until the skin is dark gold and crispy. Flip carefully and cook for another 2-3 minutes.
6. Plating: Lay down a generous portion of roasted vegetables. Add a handful of fresh arugula on top, then place the snapper skin-side up. Drizzle with your dressing and garnish.

### SWAPS & NOTES

cut through the richness of the butter.

Edible flowers: Optional, but they make the plate look like a million bucks.

Dressing: A simple lemon-olive oil vinaigrette or your favorite light dressing.

Swaps and Notes The Fish: If you can't find red snapper, sea bass or grouper are excellent alternatives.

## TIPS FOR SUCCESS

**Don't Overcrowd the Pan:** If you're doubling this recipe, cook the fish in batches.

Overcrowding drops the pan temperature and ruins your crust.

**Room Temp Fish:** Take your snapper out of the fridge about 15 minutes before cooking so it cooks evenly.

**High Heat is Key:** Don't be afraid of the sizzle.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/crispy-pan-seared-snapper-with-roasted-vegetables-a-restaurant-quality-30-minute-meal/>