

# Kevin Nurse's Jerk Red Snapper and Island Salsa

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/kevin-belton-thanksgiving-recipe>

## Ingredients:

- 5/8 cup ground allspice
- 2 tablespoons dried thyme
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground clove
- 11/16 cup ground coriander
- 3 1/4 tablespoons grains of paradise freshly ground
- 1/2 teaspoon ground nutmeg
- 8 cloves garlic
- 6 spring onions
- 4 chillies habanero
- 1/2 cup lime juice
- sea salt
- 1 dash soy sauce
- canola oil as needed
- 1 red snapper about 1-1.5kg
- 4 courgettes 2 green and 2 yellow, sliced lengthwise
- 2 red peppers
- salt
- freshly ground black pepper
- 3/4 cup mango chopped
- 3/4 cup pineapple chopped
- 1 star fruit chopped
- 6 tablespoons red onion chopped
- 2 tablespoons red wine vinegar
- 1 handful coriander leaves Small handful , freshly chopped
- salt
- freshly ground black pepper

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 10 milligrams
4. Fat: 8 grams
5. Fiber: 14 grams
6. Protein: 11 grams
7. SaturatedFat: 1 grams
8. Sodium: 650 milligrams
9. Sugar: 19 grams

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