

Butter poached snapper with brown rice, greens, and beans



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

Poached fish is gentle on the stomach and easy to chew. It offers nourishing protein to support healing and strength.

Beans provide fibre and folate to keep digestion comfortable and support skin repair.

Adding spinach and brown rice brings iron for energy, along with fibre and magnesium. This supports tissue healing and reduces inflammation.

Serves: 2 People

Takes: 20 minutes

Ingredients

- 1 white onion, peeled and sliced
- 250g green beans, trimmed
- 2 x snapper fillets (around 125-150g each)
- Pepper
- Salt
- 50g Butter
- 1 cup milk
- 1 cup water
- 1 packet (250g) precooked brown rice (same as [this one](#))
- 60g spinach
- Lemon, quartered (optional)

Method

1. Season snapper fillets with salt and pepper, and set aside.
2. Heat large frying pan to medium heat, add a good drizzle of olive oil, add onion, and fry for 2–3 minutes until soft and fragrant. Add butter and allow to melt.
3. Add green beans, milk, and water into pan. Bring to boil.
4. Once the liquid is boiling, add the snapper fillets, reduce the heat to a gentle simmer, and cover with a lid. Cook for 5–7 minutes, or until the snapper turns white and flakes easily with a fork. The beans should be *al dente* – tender but with a slight bite.
5. Take off heat and remove beans and snapper from pan.
6. Heat rice according to packet instructions, once heated up, pour into medium bowl, and stir spinach through rice until wilted.
7. Serve up on plates the rice, spinach, and beans. Top with snapper and drizzle the delicious poaching liquid over the top. Serve up with lemon wedges.

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