

STEAMED BARRAMUNDI

EQUIPMENT

KNIFE, BAKING PAPER, MIXING BOWL, KITCHEN SHEARS

INGREDIENTS

1 X 400GM BABY BARRAMUNDI, 4 SLICED CHERRY TOMATOES, ¼ PRESERVED LEMON,
FENNEL, 50CM SMALL BLACK OLIVES, 4 SPRIGS THYME, ¼ SPANISH ONION,
10 BASIL LEAVES, SALT, OLIVE OIL

METHOD

SLICE FENNEL IN THIN STRIPS AND PLACE IN MIXING BOWL WITH A LITTLE SALT, REMOVE THE PULP AND PITH FROM THE PRESERVED LEMON,
RINSE AND SLICE THIN STRIPS

ADD LEMON, TOMATOES, ONION, OLIVES, THYME AND OLIVE OIL TO THE FENNEL, DRESS WITH OIL AND SQUEEZE ALL INGREDIENTS TOGETHER
WITH YOUR HANDS AND SET ASIDE

REMOVE THE FINS FROM THE FISH AND SCORE THE FLESH, SEASON THE FISH WELL WITH SALT

LAY DOWN A SHEET OF BAKING PAPER AND PLACE SOME OF THE SALAD ON TOP, PLACE THE FISH OVER THE SALAD THEN PUT THE REMAINING
SALAD OVER THE TOP

FOLD THE PAPER OVER THE FISH AND PLACE IN A PRE-HEATED OVEN STEAM SETTING 85 DEGREES FOR 20 MINS

ONCE COOKED REMOVE FROM THE OVEN, TEAR OVER BASIL LEAVES AND SERVE

HINTS & TIPS

- CRUSHING AND SQUEEZING THE SALAD INGREDIENTS WILL RELEASE ALL THE JUICES AND OILS FROM THE SALAD INGREDIENTS MAKING A
VINAIGRETTE WITH THE OIL.

(THIS DRESSES AND FLAVOURS THE FISH)

- SERVE THIS FISH DISH WITH A SIMPLE GREEN LEAF SALAD OR SOME STEAMED GREEN VEGETABLES FOR A HEALTHY TASTY DINNER