



CRISPY SKIN BARRAMUNDI

WITH THAI SAUCE & SEASONAL GREENS - SERVES 4

Barramundi - An iconic West Australian fish predominantly found in the Kimberely region and world renowned as one of the best tasting fish. Gorgeous white, flakey flesh with a sweet, oily taste - it holds up against big bold flavours and suits aromatic Thai dishes well.

SHOPPING LIST

- 4 Skin on Barramundi Fillets
- 1 Cup Brown Rice
- 2 Cups Water
- 1 Cup Fresh Basil Leaves
- 1 Cup Fresh Coriander Leaves
- 1 Tsp Grated Ginger
- 250g Seasonal Greens (Pak Choy)
- 1/2 Tsp Grated Chilli
- 1 Tsp Minced Garlic
- Juice & Zest from 1 Lime
- 60ml Grapeseed or Olive Oil
- 3 Tsp Fish Sauce
- 3 Tsp Soy Sauce

DIRECTIONS

1. Use a rice cooker and follow instructions on the rice packet. We used Sunrice Naturally Brown Rice & Quinoa which has a 2 /1 water to rice ratio. Once cooked, leave with the lid on to keep warm.
2. To make the sauce, combine fish sauce, soy sauce, lime juice, lime zest, ginger, garlic, chilli, 30ml olive oil, half the basil and half of the coriander. Whisk together and set aside to infuse
3. In this recipe we used Pak Choy but feel free to use any seasonal green vegetables you prefer. Split the Pak Choy in half, drizzle with olive oil and grill on a piping hot griddle pan. Once caramelised and charred set aside to keep warm.
4. For the Barramundi - Heat up a skillet until very hot and add remaining olive oil or grape-seed oil. Once it starts to smoke turn down a little to maintain heat but not burn the oil. Place your Barramundi skin side down and press down on the fish so the fillets do not curl up. You should feel the flesh relax after a minute or two. You can weigh it down with another pan if you wish.
5. When the Barramundi is cooked 90%, flip it over to finish off. Remove from heat to rest skin side up. Add the sauce to the pan quickly to incorporate with the juice and heat up, then immediately remove from the heat.
6. Plate rice and greens and top with Barramundi and garnish with coriander and chilli. Drizzle with the hot, thai sauce generously and serve!