

Crispy barramundi with prawn salsa

Serves 4



Ingredients

- 1 tbsp vegetable oil
- 4 x 200g barramundi fillets
- ½ lemon, juiced
- Olive oil, to serve
- Chervil sprigs, to garnish

Prawn Salsa

- 8 medium green prawns
- 150g sweet potato, peeled, boiled and refreshed in iced water, finely chopped
- 1 small zucchini, finely chopped
- 2 tomatoes, blanched, peeled, seeds removed and finely chopped
- ¼ cup loosely packed, coarsely chopped dill
- 100 ml olive oil
- 25g baby spinach



Step 1

For prawn salsa, cook prawns in boiling salted water for 3 minutes or until cooked through, then refresh in iced water. Peel, remove veins and tails and coarsely chop. Combine prawns with sweet potato, zucchini, tomato, dill, olive oil and season to taste with sea salt and ground black pepper. Just before serving, add spinach and toss to combine.

Step 2

Heat oil in a frying pan over medium heat and cook barramundi skin-side down for 3 minutes or until golden and crisp, turn and cook for another 3 minutes or until cooked to your liking. Season to taste with lemon juice, sea salt and freshly ground black pepper.

Step 3

To serve, arrange prawn salsa on plates, top with barramundi, drizzle with olive oil and garnish with chervil.



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