

Recipe of the Week

Dukkah Roasted Barramundi

3 x 150g Fresh Barra Fillets
25ml Extra Virgin Olive Oil
15g Gourmet Spice Dukkah

Garnish

15g Pine Nuts
1 Zucchini, grated
3-4 Large Fresh Basil Leaves, finely sliced
1/2 punnet Cherry Tomatoes



Preheat oven to 180oC. Spread the dukkah on a plate, coat the Barra in the Dukkah by pressing them into the spice.

Pan fry the Barra in a little olive oil until lightly browned then bake in pre-heated oven for 5-7 minutes.

Once barra is just cooked, remove from pan. Using the same pan, add the pine nuts and sauté until brown, add the zucchini and halved cherry tomatoes. Stir over heat until zucchini is cooked. Lastly throw in basil and toss.

To Serve

Place a fillet of barra on serving plate, top each fillet with a generous serving of zucchini mix. Lightly drizzle with Olive oil and serve with lemon and lime.