



READY TO COOK
BY HARRIS FARM

BAKED BARRAMUNDI FILLETS WITH ROASTED CHERRY TOMATOES & BROCCOLINI



PREP
10 min



COOK
20 min



SERVES
4

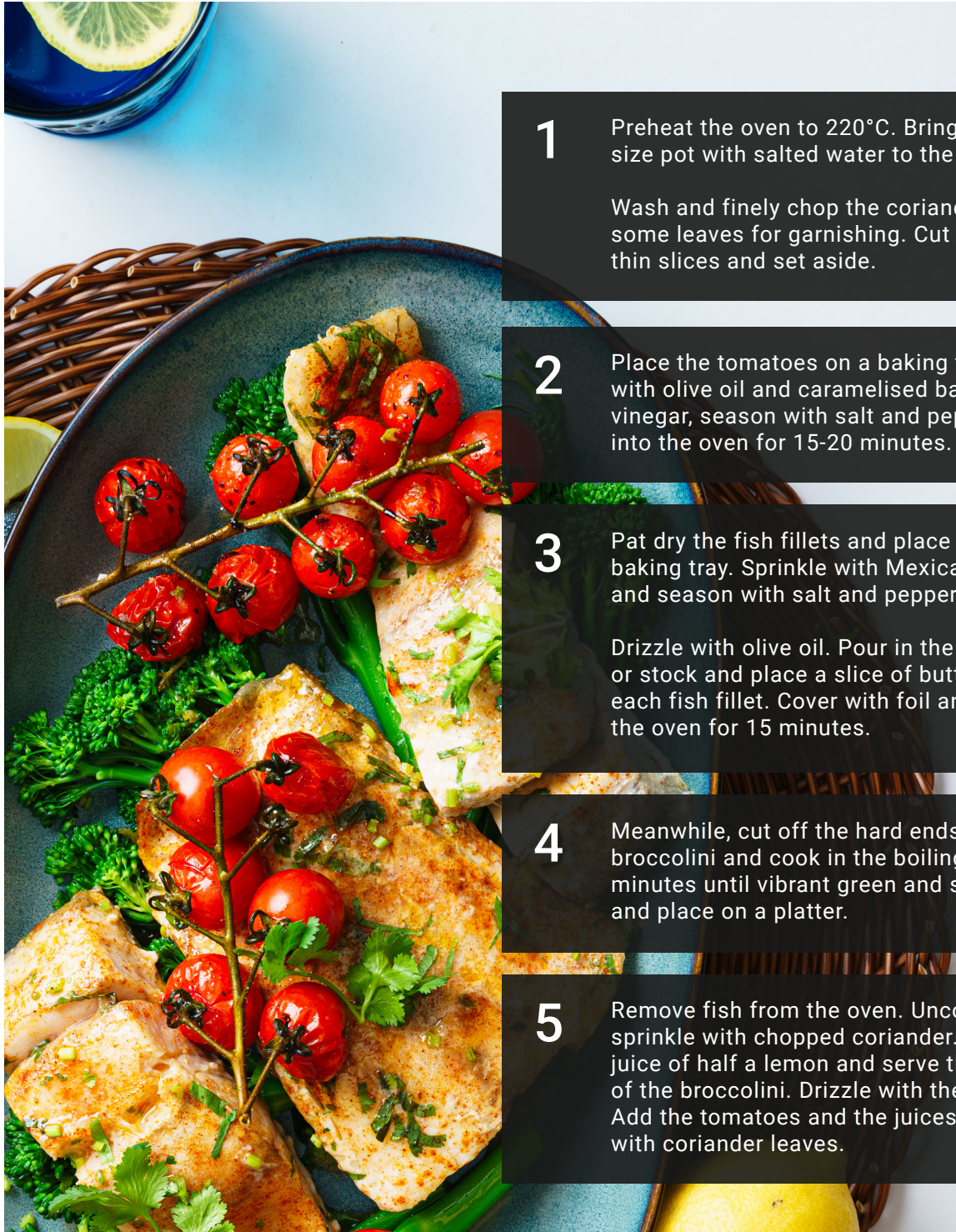
INGREDIENTS:

- > 700g Barramundi, skin on
- > 2 Truss Cherry Tomatoes Punnets
- > 2 Broccolini Bunches
- > 1 Lemon
- > ½ Coriander Bunch

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > Olive Oil
- > Caramelised Balsamic Vinegar
- > ½ Tbsp Mexican Spice Mix
- > 2 Tbsp Butter
- > ¼ Cup White Wine or Stock

METHOD – GET COOKING!



1

Preheat the oven to 220°C. Bring a medium size pot with salted water to the boil.

Wash and finely chop the coriander, reserving some leaves for garnishing. Cut the butter into thin slices and set aside.

2

Place the tomatoes on a baking tray, drizzle with olive oil and caramelised balsamic vinegar, season with salt and pepper and place into the oven for 15-20 minutes.

3

Pat dry the fish fillets and place on a lined baking tray. Sprinkle with Mexican spice mix and season with salt and pepper.

Drizzle with olive oil. Pour in the white wine or stock and place a slice of butter on top of each fish fillet. Cover with foil and place into the oven for 15 minutes.

4

Meanwhile, cut off the hard ends off the broccolini and cook in the boiling water for 2-3 minutes until vibrant green and soft. Drain well and place on a platter.

5

Remove fish from the oven. Uncover and sprinkle with chopped coriander. Squeeze the juice of half a lemon and serve the fish on top of the broccolini. Drizzle with the tray juices. Add the tomatoes and the juices and garnish with coriander leaves.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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