



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

CRISPY SKIN BARRAMUNDI WITH POTATOES OLIVES AND TOMATO SALAD



PREP
15 min



COOK
35 min



SERVES
4

INGREDIENTS:

- > 1Kg Queen May Potatoes
- > 250g Cherry Tomatoes
- > 1 Red Onion
- > 1 Broccolini Bunch
- > 1/3 Cup Pitted Kalamata Olives
- > ¼ Parsley Bunch
- > 4 Barramundi Fillets

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1

Preheat oven to 200°C.

Peel, wash and cut the potatoes in half. Place them into a pot with salted water, just enough to cover them. Bring to the boil and cook for approximately 25-30 minutes until softened and cooked through.

Cut the tomatoes in half, finely slice the red onion and cut the bottom ends off the broccolini. Drain and chop the olives. Wash, pick and chop the parsley. Set all ingredients aside.

2

Pat dry the barramundi fillets and season with salt and pepper. **Bring** a large frying pan to high heat and **drizzle with olive oil. Place the fish flesh down and cook** for 3 minutes. **Turnover and cook further** on the skin side for another 3 minutes **until golden brown. Remove from the pan and set aside.**

Using the same pan on high heat, drizzle more olive oil and cook the onions for 3 minutes. **Add the tomatoes, olives, parsley and cook further** for 3 minutes. **Remove from heat and set aside.**

3

Place the broccolini on a lined baking tray, drizzle with olive oil and season with salt and pepper. **Place into the oven and cook** for 10 minutes **until golden brown.**

Warm the fish inside the oven for a couple of minutes **with the broccolini. Drain the potatoes and add to the pan with the olives and tomatoes. Sprinkle the chopped parsley, add the juice of ½ a lemon and gently mix through.**

4

Serve warm with olive potato and tomato salad and broccolini.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Make a long insertion along the skin of the fish to help it not curl up while searing.
- To achieve better results and better handling cook two fillets at a time.
- Thicker pieces may need to be turned again and cooked on a low heat for another 2-3 minutes until fully cooked.

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



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au