



Citrus & Macadamia Crusted Barramundi

WITH MACADAMIA OIL



INGREDIENTS

4 fillets Barramundi
2 egg whites, whisked
1/2 cup bread, crumbed
1 cup macadamias, roughly chopped
2 Tbsp Plenty Macadamia Oil
1/4 cup parsley, roughly chopped
1/4 cup dill, roughly chopped
1 tbsp lemon zest
Sea salt and cracked black pepper to taste

Salad

2 small fennel bulbs, thinly sliced
4 red radishes, finely sliced
1 cup watercress

Dressing

4 Tbsp Plenty Macadamia Oil
2 tbsp verjuice
1 clove garlic, minced
1 tsp sea salt
1 tbsp dill, roughly chopped
Cracked black pepper to taste

Garnish

Lemon wedges
Extra dill
Extra macadamias, roughly chopped
Grilled zucchini flowers

Serves 4

Complexity - simple

20 minutes prep

10 minutes cook

METHOD

1. Combine breadcrumbs, macadamia nuts, Plenty Macadamia Oil, parsley, dill, teaspoon of sea salt and lemon zest into a bowl and stir to combine. Pour onto a flat plate and set aside.
2. Preheat the grill setting in your oven to around 180°C.
3. On the stovetop, in an oven proof grill pan, heat extra Plenty Macadamia Oil, ready for the Barramundi. Dip the top of each Barramundi piece into whisked egg whites and then dip into crumbing mix. Immediately add to the pan and cook for about two minutes to caramalise the bottom of the fish.
4. Remove pan from stovetop and place into oven under preheated grill. Cook for around 8 minutes, or until the fish is just cooked and the crumb is nice and golden (note - we used pumpkin bread, which added to the golden crumb. Experiment with your favourite flavour bread).
5. While the fish is cooking, mix salad ingredients of fennel bulb, radish and watercress loosely in a large bowl. In a separate bowl, whisk together dressing ingredients of Plenty Macadamia Oil, verjuice, garlic and salt. Whisk till well blended and then add dill and cracked pepper to taste.
6. When you're ready to plate and serve the fish, dress the salad and serve together with drizzles of dressing and a lemon wedge for extra bite!
7. Garnish with any green sides you like! We chose grilled zucchini flowers, simply grilled for two minutes on either side in a little more Plenty Macadamia Oil over a medium heat, drizzled with extra macadamias, dill and dressing. (Tips next page).

You can find a selection of our "everyday gourmet" oils at Woolworths. Our Walnut and Macadamia oils are also available at Coles. To find out where else you can buy our oils go to: <https://www.plentyfoods.com.au/where-to-find-plenty-oils/>





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TIPS

- This method will give you a rustic, no-fuss finish to the crumbed fish; each bite will have loads of texture. But if you're keen for a quicker option, (rather than chopping the crumbing ingredients individually), add them to a food processor altogether and blitz until mix resembles coarse breadcrumbs.
- Small fennel bulbs are a little sweeter and more delicate on the plate than large, but if you can't find them, a large one will do just fine.
- If you can't get Barramundi, any firm fleshed white fish will be just fine.
- Make extra dressing and drizzle over breakfast eggs.



Plenty is Australia's largest producer of cold pressed oils and we were the first in the world to press Macadamia.

We used advanced technologies and processes to ensure purity and wholesomeness. Even our refined Safflower oil (developed with CSIRO using gene suppression technology) uses no extreme heat or chemicals in the process. We work with local growers who demonstrate sustainable practices.