

Crispy Skin Barramundi with Tomato & Caper Butter Sauce

Serves 2 ppl : Prep = 10 minutes : Cook = 10 minutes

The Ingredients

- 2 Barramundi fillets (approx. 250g each)
- Salt
- 2 tbsp olive oil
- 60g butter
- 1 truss tomato
- 2 tbsp capers
- 2 tbsp chopped parsley
- 1 tbsp lemon juice
- 1 splash white wine

The Method

1. Add 1 tbsp oil to the fish and season both sides generously
2. Dice tomatoes and set them aside
3. On medium heat in a non-stick pan heat 1 tbsp oil, then add the fish skin side down and cook for 4-5 minutes depending upon how thick your piece is. Using a spatula press down on the barramundi for a minute to help get an even cook on the skin
4. Flip the fish and cook for a further 2-3 minutes
5. Remove the fish and allow to rest on a plate while you prepare the sauce
6. Deglaze the pan with a splash of white wine, allowing the wine to cook off for 1 minute
7. Next, add the tomatoes, capers & lemon juice – cooking for 1 minute, then add the butter and stir until melted, finish with chopped parsley
9. Serve, and enjoy with a glass of Guardian Angel Sparkling Chardonnay

Tips n Tricks

- Flip the fish once the side of the fish has turned opaque $\frac{3}{4}$ of the way and then cook for the final 2-3 minutes skin side up
- Substitute any white fish if you can't get barramundi – halibut, cod, swordfish or seabass will all work great
- Always let your fish rest before serving so the juices have time to redistribute
- Be careful when deglazing the pan as it will spit a little

