

fresh fish markets



featured recipe!

Barramundi with Lemon Butter Sauce

Serves 4

Ingredients

4 barramundi fillets

sea salt and cracked black pepper to taste.

2 tsp canola oil

2 tbsp unsalted butter

1- 2 cloves of garlic, minced

3 tbsp of fresh lemon juice

Small bunch of fresh basil

Directions:

Coat the barramundi with canola oil, season with sea salt and cracked black pepper, and place in a heated non-stick skillet over medium high heat.

Cook for about 4-5 minutes on each side, until the fillets are lightly browned. Move to a serving dish and keep warm while you make the sauce.

In the same pan, reduce the heat and gently cook the garlic in the butter for about 2 minutes. Stir in the lemon juice and fresh basil.

Spoon the sauce over the fish and serve immediately.