




Cone Bay Barramundi

Champagne & chive sauce

 30 minutes

 Skill
Hard

 About
780

GATHER
YOUR **GREEN**
INGREDIENTS



Ingredients

2

2 pcs
80g
1 pkt
1 tbs
150ml
200g

4

4 pcs
160g
2 pkt
2 tbs
300ml
400g

6

6 pcs
240g
3 pkt
3 tbs
450ml
600g

 Serves

Cone bay barramundi
Spinach
Chives bunch
Capers
Champagne veloute
New potatoes

Method

! Preheat oven to 180°C.

UTENSILS: Two small saucepans, large frypan



STEP 1

Wash the potatoes under cold water to remove any blemishes. Then, cut the potatoes into quarters and finely slice the chives.



STEP 2

Place the potatoes in a medium sized saucepan. Cover with cold water and bring to the boil. Once boiling, turn the heat down to a gentle simmer and cook for 20 minutes or until potatoes are tender. Strain and set aside.



STEP 3

Place a large frypan with 3 tablespoons of oil over a high heat. Add the barramundi to the pan, skin side down, and cook for 2-3 minutes or until it begins to colour. Transfer to the oven and cook for a further 8-9 minutes.



STEP 4

Return the strained potatoes back to the empty saucepan. Add a generous splash of olive oil and begin to crush the potatoes with a fork. Add the spinach and capers to the pot and cook for 1-2 minutes until the spinach has wilted and is mixed evenly through the potatoes. Season using salt.



STEP 5

Place the champagne veloute in a small saucepan over a low heat. Once the veloute has boiled add the chives and mix thoroughly.



STEP 6

To plate the dish, divide the crushed potatoes between the bowls and cover with the veloute. Place the fish on top.

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Wine Matching

Pair with a Victorian Marsanne.