

# CRISPY SKINNED BARRAMUNDI WITH GRAPEFRUIT AND FENNEL SALAD

Serves 2 | Prep time: 15 mins

Cook time: 10 mins

## INGREDIENTS

2 barramundi fillets

2½ grapefruit (2x segmented)

1 fennel, finely sliced

100g spinach, washed and drained

¼ cup mint leaves, roughly chopped

¼ cup flaked almonds  
(sunflower seeds as an alternative)

1 tbsp extra virgin olive oil

### Dressing

Juice from ½ grapefruit

1 tsp Dijon mustard

2 tbsp extra virgin olive oil

1 tbsp white wine vinegar

1 tsp honey

Salt and pepper to taste

## METHOD

1. Pat dry the barramundi fillets with a paper towel. Score the skin with a sharp knife, making small parallel cuts to penetrate the skin, not the flesh.
2. Liberally sprinkle salt over the skin and leave for 10 minutes. Remove salt and blot dry with a paper towel. This step draws the moisture out of the skin, ensuring you end up with crispy skin.
3. Heat oil in a large non-stick frying pan over a medium-high heat. Place the fillets skin side down into the pan and cook for 3-4 minutes or until the skin is golden brown.
4. Turn the fillets over and take off the heat. Cook for a further 1-2 minutes or until just cooked through. Remove from pan and set aside.
5. Meanwhile, add the salad ingredients to a bowl and mix well.
6. Add dressing ingredients and shake well in a dressing container or screw-top jar.
7. Drizzle dressing over the salad and toss to combine before serving.
8. Serve fish with a generous amount of salad.



THE NUTRITION GUY



## NUTRITION TIP

Barramundi is a good source of omega-3 fatty acids. These fats help to regulate the heartbeat, lower fat levels in the blood and reduce inflammation in the body.