



Pan Grilled Barramundi Belly with Lemon Garlic Butter Sauce

SERVES 1 PREPARATION TIME 20MINS

INGREDIENTS

100g Barramundi Belly
¾ tbsp Minced Garlic
2 tbsp Olive Oil
2 tbsp Butter
1 tbsp Fresh Lemon Juice
2 tbsp Water
½ tsp Sugar
Some sea salt

OPTIONAL

Shredded Parsley
Chilli Flakes

SERVE WITH

Blanched Asparagus

METHOD

1. Pat barramundi dry and lightly with some sea salt.
2. Add olive oil to barramundi and spread it all over. Set aside.
3. Add butter to pan and stir fry minced garlic.
4. Add lemon juice and water.
5. Add sugar. When sauce starts to sizzle, off flame and set aside.
6. Pan fry Barramundi on another non-stick pan till cooked and lightly brown at the sides. Remove from flame.
7. Pour the lemon garlic butter sauce from Step 5 onto Barramundi.
8. Top with shredded parsley and chilli flakes. Serve hot.

RECIPE SHARED BY

kühlbarra