

Fish with Salsa Verde



**Seafood! Eat your way to better health
with Omega-3**

Master Fish Merchants' Association of Australia

Fish with Salsa Verde

Serves 4

- 4 fish fillet portions
(e.g. Ling, Blue-eye Trevalla, Snapper, Kingfish, Mulloway, Flathead, Barramundi etc.)
- Salt and pepper
- Lemon, cut into wedges
- Salad

Salsa Verde

- 1 cup fresh parsley, chopped
- 1 cup fresh basil, chopped
- 1 tablespoon baby capers
- 4 anchovy fillets
- 1 small garlic clove
- 1 tablespoon dijon mustard
- 1 tablespoon lemon juice
- ½ cup olive oil

- Place parsley, basil, capers, anchovy, garlic, dijon mustard, lemon juice, olive oil in a blender and process until smooth.
- Pan fry fish fillets in olive oil on a medium high heat for 2-3 minutes each side, until just cooked.
- Serve fish with salad and a wedge of lemon. Spoon salsa verde over the top of the fish.



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Healthy catchments and
healthy oceans for sustainable,
quality Australian seafood

