

CRISPY SKIN AQUNA COD WITH SNAKE BEAN SALAD



Life tastes better our way.



AQUNA
Sustainable Murray Cod



INGREDIENTS

FISH

2 x Aquna cod fish fillets
(scaled and pin boned)
1 x tbsp extra-virgin olive oil
salt and pepper, to taste

SNAKE BEAN SALAD

15g anchovies
15g capers
100ml extra-virgin olive oil
5 x mint leaves
5 x parsley leaves
5 x basil leaves
15ml lemon juice
salt and pepper, to taste
500g snake beans
(or French green beans)

PREP: 20 MINUTES

COOK: 15 MINUTES

SERVES: 4 PEOPLE

DIFFICULTY: EASY

METHOD

FISH

1. Ask your fish monger to scale, fillet and pin bone the fillets.
2. Cut the fillet into 10cm portions.
3. With a sharp knife, make two small cuts into the skin of the fillets, making sure you cut only the skin and not too deep into the flesh.
4. Pat dry the skin well with paper towel, season with salt.
5. Place a non-stick pan over a medium heat (or you can use a barbecue hot plate) and once the pan is hot, add oil.
6. Place fish portions into oiled pan (be careful not to overcrowd the pan or barbecue plate, as this causes the temperature to drop and you will not get crispy skin).
7. Apply pressure to the top of each fillet with a large spatula.
8. Cook for 2-3 minutes or until the skin is golden brown and crispy, and the fillet is cooked halfway through.
9. Turn fillets and cook for a further 30 seconds.
10. Remove from the pan and place in a warm place to rest for a further 2 minutes. The fillets should be white, and if cooked through, allow a skewer to pass through the flesh easily.

SNAKE BEAN SALAD

1. Bring a pot of salted water to the boil.
2. Top and tail beans and cook in boiling water for 2 minutes.
3. Strain the beans and refresh in a bowl of ice-cold water to chill quickly and retain the colour.
4. Blend together capers, anchovies, lemon juice and oil. Add chopped herbs.
5. In a large bowl, toss room-temperature beans with the dressing.



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RECIPE #1



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