

LEEANN'S FRIED AQUANA COD IN RICE FLOUR



Life tastes better our way.



AQUNA
Sustainable Murray Cod



INGREDIENTS

2 x Aquna cod fillets (skin on)
2 tbsp fish sauce
1 cup of rice flour
1L peanut oil to fry

PREP: 15 minutes
COOK: 15 minutes
SERVES: 2 people
DIFFICULTY: easy

METHOD

1. Preheat oil to 180°C in a large wok or deep fryer.
2. Cut Aquna cod fillets into 3 cm wide strips, leaving the skin on.
3. Place fish portions in a bowl and toss with fish sauce.
4. Pat the Aquna cod dry on some paper towel and coat with rice flour.
5. Remove excess flour using a rack or colander.
6. Place 3-4 pieces at a time in the hot oil.
7. Remove when lightly golden and crispy, this should take 2 – 3 minutes.
8. Dry on paper towel before serving.

TO ASSEMBLE

1. Place Aquna cod on a plate or serving platter.
2. Garnish with lemon and some fresh salad leaves.



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RECIPE #10



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