

BBQ AQUANA COD CUTLET WITH SUMMER TOMATO SALAD



Life tastes better our way.



AQUNA
Sustainable Murray Cod



INGREDIENTS

FISH

2 x 150g Aquna cod cutlets

TOMATO SALAD

4 x vine ripened tomatoes

1 x red onion

50ml red wine vinegar

50ml olive oil

1 bunch fresh basil

Sea salt and cracked pepper

METHOD

FISH

1. Season the cutlet well with salt and olive oil.
2. Cook on a hot grill until fully cooked through.

TOMATO SALAD

1. Thinly slice the red onion and place in a small bowl with vinegar, set aside for half an hour for onions to soften.
2. Cut tomatoes into rough pieces.
3. Season to taste with pepper, salt and olive oil.
4. Toss through basil leaves and marinated onion.
5. Serve.



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RECIPE #11



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