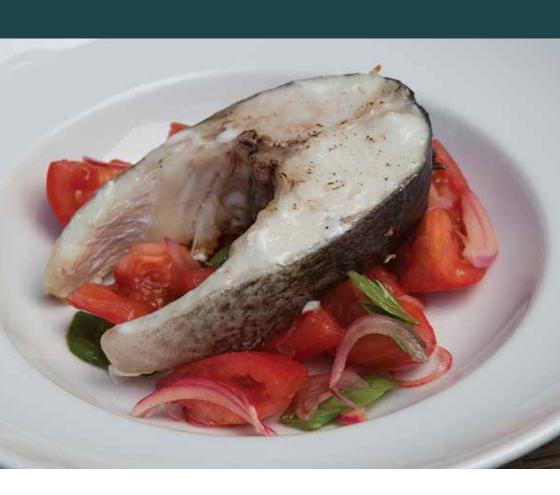
BBQ AQUNA COD CUTLET WITH SUMMER TOMATO SALAD



Life tastes better our way.





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.





P: +61 269 625 470 W: WWW.AQUNA.COM



