

BAKED AQUNA COD WITH PIRI-PIRI SAUCE



Life tastes better our way.



AQUNA
Sustainable Murray Cod



INGREDIENTS

FISH

4 x 100g Aquna cod fillets, skinned
Olive oil
Salt

PIRI-PIRI SAUCE

100g roasted red capsicum in oil
(drained)
100g hot pickled red peppers
(drained)
50ml olive oil
2 x cloves of garlic
2 tbsp red wine vinegar
Juice and zest of 1 lemon
1 tsp hot chilli flakes

PREP: 30 minutes

COOK: 15 minutes

SERVES: 2 people

DIFFICULTY: easy

METHOD

FISH

1. Preheat oven to 180°C.
2. Place Aquna cod fillets on a pan with baking paper.
3. Season with salt and a drizzle of olive oil.
4. Bake for 7 – 10 minutes or until the fish is opaque and cooked through.

PIRI-PIRI SAUCE

1. Place all ingredients in a food processor.
2. Puree until smooth.

TO ASSEMBLE

1. Place the Aquna cod fillets on a plate or serving platter.
2. Spoon over Piri-piri sauce.
3. Garnish with fresh lemon.



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RECIPE #12



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