

WHOLE BAKED AQUNA COD WITH BUTTER SAUCE



Life tastes better our way.



AQUNA
Sustainable Murray Cod



INGREDIENTS

1 x whole Aquna cod,
approximately 1.2-1.5kg
125ml dry white wine
125ml water or fish stock
1 x clove garlic, finely sliced
100g unsalted butter, room
temperature
6 x leaves parsley, chopped
salt, to taste

PREP: 15 MINUTES

COOK: 20 MINUTES

SERVES: 2-4 PEOPLE

DIFFICULTY: EASY

METHOD

1. Preheat oven to 180°C.
2. Ask your fishmonger to clean, gut and scale your fish.
3. Make 3-4 small cuts into each side of the fillets, and season the fish well with salt.
4. Place fish into a large, prepared baking tray.
5. Add sliced garlic, white wine and water (or stock).
6. Cook in hot oven for 14-18 minutes, or until fully cooked through.
7. Place fish onto a large platter, reserve liquid from pan.
8. Drain cooking liquid into a small pot, reduce by half over a medium heat and then whisk butter in slowly.
9. Add parsley, then pour sauce over the fish.



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RECIPE #5



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