



# AQUNA MURRAY COD RECIPES

*Summer Entertaining*







## AN ICONIC AUSTRALIAN FRESHWATER FISH

Aquna Sustainable Murray Cod has a clean, creamy flavour and firm texture. Nutrient-rich, versatile and grown sustainably, try Aquna Murray Cod in these recipes. Perfect for the summer entertaining season.





🕒 TOTAL TIME: 20min

👤 PREP: 10min

☁️ LEVEL: Easy

🍽️ SERVES: 1 Serving

# STEAMED AQUANA PARCELS WITH GINGER & SOY SAUCE

Succulent Aquana baked to perfection, served with fresh Asian greens and topped with a mouth-watering, zesty ginger and soy based sauce.

## Ingredients

1 200g Aquana fillet  
1 head of baby bok choy  
(halved lengthwise)

### For the Sauce

1 tbsp sesame oil  
2.5cm piece of ginger, peeled and  
cut into matchsticks  
1 tbsp Shaoxing rice wine  
1 tbsp soy sauce  
1 tsp oyster sauce  
1/2 tsp white sugar

## Directions

1. Preheat the oven to 200°C.
2. In a small saucepan, heat the sesame oil over low heat until it becomes fragrant, about 1 minute. Add ginger and cook, stirring continuously for another minute.
3. Add the rice wine, soy sauce, oyster sauce and sugar. Raise the heat to medium-low and simmer for 1 to 2 minutes. Remove from heat and set aside.
4. Prepare a large piece of baking paper (about 30cm on each side) by folding the paper down the middle to mark two halves.
5. Assemble the parcels - Place the baby bok choy in the centre of one half of the baking paper sheet. Top with the Aquana fillet and drizzle over sauce.
6. Fold the top half of the baking paper over the fish, tightly folding/scrunching in sections all the way around to create a sealed pouch. Once completely sealed, place the parcel onto a baking tray and bake for 12 minutes.
7. Transfer the sealed parcel to a serving plate and open right before serving.





🕒 TOTAL TIME: 35min

🍳 PREP: 20min

☁️ LEVEL: Easy

🍽️ SERVES: 4 Servings

# CRISPY-SKIN AQUNA WITH ASPARAGUS & GREEN BEAN SALAD

Aquna fillet pan-fried until crispy. Served with a crisp asparagus and green bean salad and finished with capers and fresh lemon.

## Ingredients

2 Aquna fillets  
(scaled and pin-boned)  
1 tbsp extra-virgin olive oil  
Add salt & pepper to taste

### Asparagus & Green Bean Salad with Capers and Lemon

15g anchovies  
15g capers  
100ml extra-virgin olive oil  
5x mint leaves  
5x parsley leaves  
5x basil leaves  
15ml lemon juice  
Add salt & pepper to taste  
250g French green beans  
300g asparagus spears

## Directions

1. Cut your Aquna fillet into 100g portions, or purchase pre-packed from your local supermarket.
2. With a sharp knife, make two small cuts into the skin of the fillets, making sure you cut only the skin and not too deep into the flesh.
3. Pat dry the skin well with paper towel and season with salt.
4. Place a non-stick pan over a medium heat (or you can use a barbecue hot plate) and once the pan is hot, add oil.
5. Place fish portions into oiled pan skin-side down. Ensure you don't overcrowd your pan in this process.
6. Cook for 3 to 4 minutes or until skin is golden brown and crispy and the fillet is cooked halfway through.
7. Turn fillets and cook for a further 3 to 4 minutes.
8. Remove from the pan and place in a warm place to rest for a further 2 minutes. The fillets should be white, and if cooked through, allow a skewer to pass through the flesh easily.

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## **CRISPY-SKIN AQUANA WITH ASPARAGUS & GREEN BEAN SALAD**

### *Directions*

1. Bring a pot of salted water to the boil.
2. Top and tail beans and cook in boiling water for 2 minutes.
3. Strain the beans and refresh in a bowl of ice-cold water to chill quickly and retain the colour.
4. Remove the woody stalks from the asparagus (about the first 4cm from the base of the spear).
5. Cook in boiling water for 1 to 2 minutes, refresh in a bowl of ice-cold water to chill quickly and retain the colour.
6. Blend together capers, anchovies, lemon juice and oil. Add chopped herbs.
7. In a large bowl, toss room-temperature beans with the dressing.
8. Serve along with the cooked Aquana fillets.



# SPAGHETTI AGLIO OLIO E PEPPERONCINO WITH AQUNA

Tender, mouth-watering morsels of Aquna, served with spaghetti cooked al dente and tossed in a rich, creamy sauce infused with olive oil, garlic and fiery, fragrant chilli.

*Recipe on next page...*







🕒 TOTAL TIME: 25min

👤 PREP: 10min

👤 LEVEL: Easy to Medium

🍴 SERVES: 4 Servings

# SPAGHETTI AGLIO OLIO E PEPPERONCINO WITH AQUNA

## Ingredients

200g Aquana  
(filleted, pin-boned, skinned and cut into 1cm pieces)  
400g spaghetti (best quality you can buy, look for bronze extruded artisan pasta)  
3 cloves garlic  
3 small red chilli (bird's eye)  
1 sprig of continental parsley  
100g good-quality olive oil  
Add salt & pepper to taste

## Directions

1. Bring 5L of water to the boil in a large saucepan, season with salt to your taste.
2. Peel garlic, cut in half and remove the small germ that sits in the middle of the garlic clove (*this has bitter characteristics*).
3. Slice the remaining garlic into thin slices.
4. Thinly slice the chilli. Leave the seeds if you like spice!
5. Thinly slice the parsley.
6. Add pasta to the boiling water and cook as per packet instructions.
7. In a large pan, add half the olive oil, all the chili and garlic.
8. Cook over low heat until garlic softens and the chili becomes fragrant.  
*Do not allow the garlic to burn.*
9. Once the garlic has softened, add 50ml of hot pasta water to the pan.  
*Tip: this needs to be near the end of the cooking of the pasta - timing is everything! The starchy pasta water will help create a smooth sauce.*
10. Add chopped Aquana to the sauce.
11. You should continue to cook over medium heat for at least 1 minute with the pasta in the sauce.  
*Tip: it should begin a little runny and thicken as the pasta thickens and soaks up the sauce.*
12. Add remaining olive oil and chopped parsley, stir thoroughly and check for seasoning.





AQUNA  
Sustainable Murray Cod

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