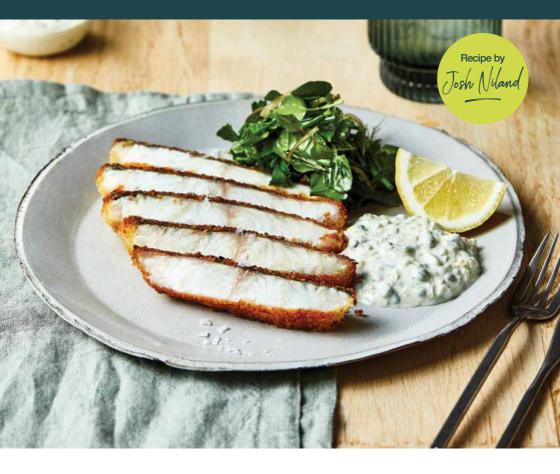
# CRUMBED AQUNA MURRAY COD, YOGHURT TARTARE SAUCE & HERB SALAD



Life tastes better our way



This crisp and golden crumbled Aquna recipe is great for a light lunch or simple dinner, full of fresh herbs and flavour.

### INGREDIENTS

4x 200g Aquna Murray Cod fillets 150g plain (all-purpose) flour 4 eggs, lightly whisked 200g white panko breadcrumbs 250ml ghee Sea salt flakes Freshly ground black pepper

#### YOGHURT TARTARE SAUCE

375g natural yoghurt1 large red onion, finely diced3 tsp small salted capers, rinsed, dried and finely chopped60g coarsely chopped dill pickles2 tbsp finely sliced flat-leaf parsley leaves

#### HERB SALAD

 bunch flat-leaf parsley, leaves picked
bunch dill, leaves picked
bunch French tarragon, leaves picked
30g watercress leaves
35g wild rocket leaves
large butter lettuce, broken into bite-sized pieces

#### SHALLOT DRESSING

Pinch of salt 1 tsp caster sugar 6 french shallots, thinly sliced into rings 140ml extra-virgin olive oil 50ml Chardonnay vinegar or white-wine vinegar with a pinch of sugar

## METHOD

- 1. For the tartare sauce, stir all ingredients together in a mixing bowl. Set aside in the fridge until required.
- 2. Dip the Aquna fillet into the flour until lightly coated. Add the floured fillet into the egg mixture, followed by the breadcrumbs, pressing gently to coat it well. Place on a plate and repeat with the remaining three fillets.
- Heat half the ghee in a large frying pan over a medium heat. When the pan reaches a light haze, carefully add 2 Aquna fillets into the pan. Cook on one side for approx.
  4 minutes, making sure the temperature of the pan doesn't get too hot. Turn the fillets and cook the other side for a further 4 minutes until crisp and golden.
- 4. Place on a wire rack to rest while you cook the remaining two fillets. Wipe the pan, then repeat with the remaining ghee and two Aquna fillets.
- 5. For the shallot dressing, combine the salt, sugar, and shallot in a bowl. Leave for 10 minutes, then stir in the olive oil and vinegar. This is a split dressing so don't whisk. Before serving, stir with a spoon and ensure a proportionate amount of oil, vinegar and shallots season the herbs.
- 6. Combine the herbs, watercress, rocket, and lettuce. Toss with enough of the dressing to lightly coat the leaves. Serve alongside the crumbed Aquna in a separate bowl.

