

CRUMBED AQUNA MURRAY COD, YOGHURT TARTARE SAUCE & HERB SALAD



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AQUNA



This crisp and golden crumbed 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 yoghurt
1 large red onion, finely diced
3 tsp small salted capers, rinsed, dried and finely chopped
60g coarsely chopped dill pickles
2 tbsp finely sliced flat-leaf parsley leaves

HERB SALAD

1 bunch flat-leaf parsley, leaves picked
1 bunch dill, leaves picked
1 bunch French tarragon, leaves picked
30g watercress leaves
35g wild rocket leaves
2 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.
3. 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.

