



T W E L V E

Festive & Flavorful

BARRAMUNDI FISH RECIPES FOR THE HOLIDAYS

*Recipes & Photography by Nicole Gaffney
Unless otherwise stated*



First things first: **THANK YOU** for downloading this special collection of our favorite holiday fish recipes. You won't regret it—deliciousness is in the near future.

Secondly, let's talk about doing things differently this holiday season. Whether you're tired of the same old dishes or simply want to shake things up, *these recipes are for you* (and the pickiest eater you can find). We've teamed up with Nicole Gaffney of ColeyCooks.com to create a bounty of barramundi dishes that are better for you, and for our planet.

So, in the spirit of winding down a year and saying hello to another, let's raise our glasses to new beginnings, new traditions, and a sense of adventure. Enjoying more seafood is the perfect place to start.

Bon Appetit!

Team Australis

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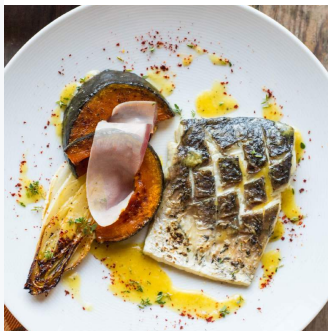
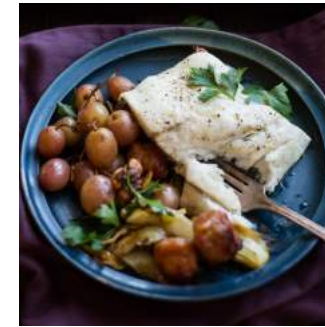


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CIOPPINO WITH BARRAMUNDI

Italian Style Seafood Stew

Serves 4

30m prep

50m cook

2 **tablespoons** olive oil
1 large yellow onion, thinly sliced
1 **cup** fennel, thinly sliced
3 cloves garlic, thinly sliced
Pinch red chili flakes
1 bay leaf
1 **sprig** fresh thyme
1 **sprig** fresh oregano
1 **tablespoon** tomato paste
 $\frac{3}{4}$ **cup** dry white wine
1 **cup** bottled clam juice

1 28-ounce can whole peeled tomatoes
Salt and pepper, to taste
25 littleneck clams, scrubbed
 $\frac{1}{2}$ **lb** mussels, scrubbed and debearded
 $\frac{1}{2}$ **lb** (16-20 count) shrimp, shell on
 $\frac{1}{2}$ **lb** king crab legs, cracked and divided
 $\frac{1}{2}$ **lb** barramundi fillets, cut into large pieces
3 **tablespoons** unsalted butter, cut into pieces
2 **tablespoons** finely minced fresh parsley
Crusty bread, for serving

Heat the olive oil in a large heavy-bottomed pot or dutch oven over medium heat. Add the onions and fennel and sauté until translucent, about 8 minutes. Add the garlic, chili flakes, bay leaf, thyme, and oregano, then sauté for another 2-3 minutes. Add the tomato paste and stir until incorporated, then season lightly with salt and pepper. Go easy on the seasoning for now, as the seafood will add a significant amount of salt.

Add the white wine and clam juice, then bring up to a simmer and cook for about 5 minutes. Add the canned tomatoes and break them up a bit with a wooden spoon. Cover and simmer over low heat for 20 minutes.

Remove the lid and add the mussels and clams. Stir them around to coat with the broth, then cover and let cook for about 5 minutes. When they just begin to open, add the shrimp and king crab and toss around to coat, then lay the barramundi fillets on top. Season the barramundi with salt and pepper, then cover and cook for an additional 3-5 minutes, or until the shrimp and barramundi are opaque throughout.

Turn off the heat and stir in the butter until incorporated. Taste the broth and add more salt and pepper if needed. Sprinkle with parsley and serve immediately with lots of crusty bread on the side for dipping.





BARRAMUNDI GRATIN

with Carrots, Leeks, and Spinach

Serves 4

20m prep

40m cook

2 tablespoons butter
1 cup julienned carrots
2 cups julienned leeks, white/light green parts
1 tablespoon tomato paste
2 tablespoons all purpose flour
1 cup wine
1 cup bottled clam juice or fish stock
1 cup heavy cream
1 teaspoon salt, plus more to taste
Pepper to taste
2 cups baby spinach (packed)
1 tablespoon finely minced fresh tarragon
16 ounces barramundi, cut into bites

For the Topping

3 tablespoons salted butter
2 cloves garlic, finely minced or grated
1 cup panko breadcrumbs
1 tablespoon finely minced fresh parsley
1 tablespoon finely minced fresh chives
1 teaspoon finely minced fresh tarragon
1 teaspoon finely minced fresh chervil
Extra fresh herbs for garnishing (optional)

Melt butter in a large sauté pan over medium heat, then add the carrots and leeks. Sauté until softened, but not browned, about 5 minutes. Add the tomato paste and cook for one minute, then sprinkle the flour over top and stir until evenly distributed. Add the wine, clam juice or fish stock, and heavy cream, then season with 1 teaspoon of salt and pepper to taste. Stir and simmer until the sauce has reduced by half, about 10 minutes.

Taste the sauce and add more salt if needed, then stir in the spinach until just wilted. Remove from the heat and stir in the tarragon.

Next, make the topping. Melt butter in a medium pan over medium heat. Add garlic and panko breadcrumbs, then stir constantly

until they start to turn light golden brown. Remove from the heat and stir in the parsley, chives, tarragon and chervil.

Preheat the oven to 400 degrees F. Season the barramundi with salt and pepper on all sides, then divide them between 4 ramekins (or one large baking dish). Spoon the vegetables and sauce over top, then use the back of a spoon to gently press down and spread out into an even layer. Sprinkle the breadcrumb mixture over top, then place the ramekins on a baking sheet.

Bake for about 20 minutes, but keep a close eye. Check the center of one ramekin to make sure the fish is fully cooked through, then allow to cool down for 5 minutes before serving. Sprinkle with more fresh herbs if desired.

SICILIAN PASTA

with Barramundi, Tomatoes, Capers, and Almonds

Serves 4-6

10m prep

30m cook

1 **tablespoon** extra virgin olive oil, plus more for drizzling

1 **lb** skinless barramundi fillets, cut into 1-inch chunks

Salt and pepper, to taste, plus plenty of salt for the pasta water

6 **cloves** garlic, very thinly sliced

1 28-oz can whole peeled San Marzano tomatoes

2 **tablespoons** capers, drained and rinsed

1 **lb** long thin pasta, such as spaghetti or linguini, plus 1 cup reserved pasta cooking water

1 **cup** fresh basil leaves, torn

1 **cup** roasted almonds, finely chopped

Heat olive oil in a large skillet over medium high heat. Season the barramundi with salt and pepper, then place them in the pan and cook until opaque throughout, and lightly golden on all sides. Use a slotted spoon to remove the fish from the pan, and set aside.

Add the garlic to the remaining oil in the pan and cook until just starting to turn golden, about 1 minute. Add the tomatoes, juice and all, and use a wooden spoon to break them apart into smaller pieces. Simmer, uncovered, on low heat for about 10 minutes while you bring a large pot of water up to a boil.

When the water is at a rolling boil, season it with enough salt to make it taste like the ocean. Drop in the pasta and stir, then follow package directions to cook until al dente.

Drain the pasta and transfer it right to the pot with the sauce. Add in the capers and barramundi and toss to coat, adding in some reserved pasta water to thin it out as needed. Add half of the basil leaves and almonds, then toss until fully combined.

Transfer pasta to a serving dish. Drizzle with a little bit of olive oil and top with the remaining basil and almonds. Serve immediately.

DID YOU KNOW?

A 6 oz serving of Australis Barramundi contains 34g protein and 500mg omega-3 fats.



MOST POPULAR



SIMPLY SAUTÉED BARRAMUNDI

with Lemon Herb Butter

Serves 4

10m prep

10m cook

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4 6-8 oz barramundi fillets

2 teaspoons olive or canola oil

2 tablespoons butter

1 clove of garlic

3 tablespoons fresh or bottled lemon juice

5 fresh basil leaves, minced

Salt to taste

Heat a small saucepan over medium heat. Gently sauté the minced garlic in butter for about 2 minutes, until fragrant and golden.

Stir in the lemon juice and 3/4th of the fresh basil.

Add salt to taste. Remove from heat and set aside.

Pat the barramundi fillets dry and coat both sides with olive or canola oil.

Heat a medium frying pan (nonstick if you have it) on medium-high heat. Pan fry one side for about 3 minutes. The edges should turn golden brown. Flip and cook the other side 1-2 more minutes or until fish is cooked through.

Transfer the barramundi to a serving dish. Spoon sauce over the fillets and sprinkle the remaining basil on top. Serve immediately.

Recipe courtesy of Australis | Food styling & photography by Nicole Gaffney

BARRAMUNDI SHEET PAN SUPPER

with Fennel, Sausage, and Grapes

Serves 4

5m prep

42m cook

- 1 large bulb of fennel (or 2 smaller bulbs), trimmed, cored and sliced
1 medium yellow onion, peeled, halved and sliced
2 **teaspoons** fennel seeds, cracked or coarsely ground in a mortar
4 **tablespoons** olive oil, divided
Salt and pepper, to taste
1 **bunch** red seedless grapes (about 1 lb), separated into clusters
1 **lb** sweet Italian sausage, cut into bite sized pieces
¼ **cup** sherry vinegar
4 5-ounce barramundi fillets
½ **cup** whole walnuts
½ **cup** Italian flat leaf parsley leaves

Preheat the oven to 425 degrees F. Toss the fennel, onion, fennel seed, 2 tablespoons olive oil, salt and pepper together on a large sheet pan. Place in the oven and bake for 15 minutes, then give everything a good stir. Distribute the grapes and Italian sausage around the sheet pan, then drizzle the grapes with 1 tablespoon olive oil and bake for an additional 15 minutes.

Remove the pan from the oven and pour the sherry vinegar over top. Use a spatula to gently scrape up any bits from the bottom of the pan. Lay the barramundi fillets on top, then drizzle each piece with the remaining tablespoon of olive oil and season generously with salt and pepper. Scatter the walnuts around the pan, then bake for 10 minutes.

Move the baking sheet to the top rack of the oven and set the broiler to high. Broil for 1-2 minutes, while keeping a close eye, until everything is evenly browned on top. Remove the pan from the oven and sprinkle with parsley. Serve immediately.





HERB ROASTED BARRAMUNDI

with Meyer Lemon Vinaigrette

Serves 4

20m prep

20m cook

4 6-ounce barramundi fillets, frozen

3 **tablespoons** extra virgin olive oil, plus more for drizzling

Kosher salt and freshly cracked black pepper, to taste

2 meyer lemons, one thinly sliced, one zested and juiced (about 3 tablespoons)

2-3 **sprigs** fresh rosemary, plus 1 teaspoon, minced

2-3 **sprigs** fresh thyme, plus 1 teaspoon, minced

1 **clove** garlic, finely minced

1 **tablespoon** fresh parsley, minced

Preheat the oven to 425 degrees F. Remove barramundi fillets from their packaging and run under cold tap water for a few seconds to remove the thin protective coating of ice. Use paper towels to pat each fillet very dry.

Drizzle a little bit of olive oil on a parchment lined baking sheet and place the fillets on top. Season both sides with salt and pepper and drizzle with a bit more olive oil. Layer slices of lemon over each fillet, then scatter the rosemary and thyme sprigs on top. Drizzle with more olive oil, then bake for about 15-20 minutes, or until the flesh has turned opaque.

While the fish is baking, make the vinaigrette. In a bowl, whisk together the meyer lemon zest, juice, garlic, minced rosemary, minced thyme, minced parsley and 3 tablespoons olive oil until combined. Season with salt and pepper to taste, then set aside.

When the fish is done, remove the lemon slices and herbs, then use a spatula to carefully transfer each fillet to a plate. Top with a spoonful of meyer lemon vinaigrette. Serve immediately with extra vinaigrette and meyer lemon wedges on the side.

Notes: This recipe can easily be made with fresh barramundi as well. Just be sure to cut down the baking time to about 7-10 minutes, depending on thickness.

DID YOU KNOW?

You can roast Australis Barramundi straight from the freezer. [Watch how.](#)

FIRE ROASTED BARRAMUNDI

with Kabocha, Caramelized Endive, and Lardo

Serves 2

30m prep

35m cook

2 5.5 oz. fillet of Australis barramundi, skin on
Olive oil
Salt and pepper, to taste
2 half moons of kabocha, about 3.5" long, 1"
thick at skin
1 large endive, cut in half lengthwise
1 **tablespoon** lemon juice
2 **teaspoons** honey
2 **tablespoons** olive oil

1 sprig of thyme
1 **tablespoon** Dijon mustard
2 **tablespoons** lemon juice
1 small clove garlic, pasted (or to taste)
1/4 **cup** extra virgin olive oil
2 pinches red pepper flakes
2 thin slices lardo, about 3" x 1"
Pinch of fresh thyme leaves

Preheat an oven to 375 degrees F. Coat the slices of kabocha with olive oil and season with salt and pepper on both sides. Place to one side of a sheet pan. Mix the 1 tablespoon of lemon juice with the honey and the 2 tablespoons of olive oil and coat the halved endive with it on all sides. Place on the other side of the sheet pan with the sprig of thyme tucked beneath the halves, away from the kabocha and bake, until golden brown and cooked through, about 20 minutes.

In the meantime, make the vinaigrette: place the Dijon in a small bowl and whisk in the 2 tablespoons of lemon juice and the garlic. Slowly whisk in the extra virgin olive oil to emulsify, then season with salt and pepper to taste. Score the skin side of the barramundi with a sharp knife in a cross hatch pattern to prevent curling.

Season the fillets of barramundi with salt and pepper and lightly coat with olive oil. Use a blowtorch to lightly scorch the skin. Alternately, place the filets skin side down on an oiled metal rack and place directly into the fire of your gas stove to sear. Finish the cooking in the oven—It should only take a minute or two on the same sheet tray as the vegetables.

To serve, divide the roasted kabocha and endive among two plates, discarding the thyme sprig. Decorate the plate with the vinaigrette and drape a piece of lardo over each piece of kabocha. Sprinkle with the thyme and red pepper flakes and serve.

Recipe courtesy of Anita Lo and Mary Attea, annisa | Food styling & photography by Nicole Gaffney





PAN SEARED BARRAMUNDI

with Pomegranate Sauce and Brown Butter Squash Puree

Serves 4

20m prep

35m cook

- 1 2 lb butternut squash peeled, seeded, cut into large cubes
6 tablespoons butter, plus 3 tablespoons butter, divided
Salt and pepper to taste
1 teaspoon plus 3 tablespoons olive oil, divided
2 tablespoons minced shallots
1 sprig fresh rosemary
¾ cup dry white wine
1 ½ cups pomegranate juice
4 5 oz barramundi fillets, with skin or skinless

Place the squash in a large pot and cover with cold water. Bring up to a boil and simmer for about 20 minutes or until the squash is fork tender. Drain and set aside in a bowl. Melt 6 tablespoons of butter in a medium saucepan and keep a close eye on it as it sizzles, foams, and eventually turns brown and smells nutty. Pour the browned butter over the squash and season with salt and pepper. Use an immersion blender to puree until very smooth. Taste and adjust seasoning as needed, then set aside until ready to serve.

Add 1 teaspoon olive oil to a medium saucepan set over medium heat and saute the shallots and rosemary until tender, about 3 minutes. Add the white wine and simmer over medium high heat until almost very little liquid remains, about 5 minutes. Add the pomegranate juice and continue to reduce until there is only about ¾ cup liquid, about 15 minutes. Strain out the shallots and rosemary, season with salt and pepper and return to the pot.

Heat 3 tablespoons olive oil in a large skillet (well-seasoned cast iron works best) over medium-high heat. Use paper towels to pat

the barramundi fillets very dry, being sure to remove as much moisture as possible. Season both sides with salt and pepper. When the oil is shimmering and almost smoking, gently place two fillets in the pan, (skin side down if using skin-on fillets). Allow to cook in the hot oil without moving for about 3 minutes.

The fish will be ready to flip when it easily releases from the pan. If it sticks, it's not ready. Lower the heat and give it another minute. Use a fish spatula to gently flip the fillets and cook on the other side for another 2-3 minutes, depending on thickness. Transfer to a plate and repeat with remaining fillets.

Whisk the remaining 3 tablespoons of butter into the pomegranate sauce over low heat, then taste for seasoning and adjust as needed.

To serve, place a generous dollop of squash puree on each plate, then top with barramundi. Drizzle the pomegranate sauce around the perimeter and garnish with pomegranate seeds and rosemary sprigs if desired. Serve immediately.

PISTACHIO CRUSTED BARRAMUNDI

with Orange Fennel Salad

Serves 4 25m prep 15m cook

- ½ cup unsalted shelled pistachios, finely chopped
- ½ cup panko bread crumbs
- Zest from 1 orange
- Salt and pepper to taste
- 4 6ounce skinless barramundi fillets
- 3 tablespoons extra virgin olive oil, plus more for drizzling
- 4 teaspoons Dijon mustard
- 5 oranges, any variety
- ½ small-medium fennel bulb, plus some fronds for garnish
- ¼ small red onion

Preheat the oven to 400 degrees F and line a baking sheet with parchment paper to prevent sticking. In a small bowl, combine the pistachios, bread crumbs and orange zest. Season with salt and pepper, then mix until the zest is evenly distributed.

Season the barramundi fillets with salt and pepper on both sides. Drizzle a small amount of olive oil on the prepared baking sheet, then place the filets on top, leaving at least two inches between them.

Smear one teaspoon of Dijon mustard on the top side of each filet, then divide the pistachio mixture evenly amongst each. Gently press the mixture down to form a crust, then drizzle with a little bit of olive oil. Bake for about 10-15 minutes (depending on thickness), or until the fish is opaque in the middle and easily flakes apart. Be careful not to overcook.

While the fish is cooking, prepare the salad. Slice the top and bottom off each orange to reveal the flesh. Place the oranges cut side

down on a cutting board and use your knife to remove the peel and as much white pith as possible. Turn the peeled oranges on their sides and slice into rounds.

Use a sharp knife or mandolin to shave the fennel and red onion into very thin slices. Arrange the oranges, fennel and red onion on a platter, layering the fennel and onion in between the slices of orange. Season well with salt and pepper, then drizzle 3 tablespoons olive oil over top.

When the fish is cooked through, use a spatula to carefully remove each filet from the baking sheet and place over the fennel orange salad. Garnish with scattered fennel fronds. Serve immediately.

Notes: Use a mix of Blood oranges, Cara Cara oranges and/or Navel oranges for a beautiful presentation and varied flavor profile.





BLACKENED BARRA SLIDERS

with Lemon Tartar Sauce

Makes 12

15m prep

15m cook

$\frac{3}{4}$ cup mayonnaise
1 small shallot, minced
 $\frac{1}{4}$ cup minced dill pickles
1 lemon, zested and juiced
2 tablespoons capers, rinsed, minced
2 tablespoons finely minced parsley
Freshly cracked black pepper, to taste
12 small slider rolls, sliced in half lengthwise

2 tablespoons salted butter
12 small pieces of little gem or bibb lettuce
2 plum tomatoes, cut into 12 even slices
1lb skinless barramundi, cut 12 2-inch squares
2 tablespoons blackening seasoning
1 tablespoon vegetable oil
12 toothpicks, for serving

In a small bowl, whisk together the mayonnaise, shallot, pickles, lemon zest, lemon juice, capers, parsley and pepper, then cover and refrigerate until ready to serve.

Melt butter in a large skillet over medium heat, then place the slider rolls in the pan cut side down. Cook until lightly browned and toasted, about 2 minutes. Remove to a serving platter and top each bottom roll with a small piece of lettuce and a slice of tomato.

Coat the barramundi pieces all over with blackening seasoning. Heat vegetable oil in a large skillet (cast iron works best) over high heat. Cook the barramundi pieces until blackened on one side, about 2 minutes, then flip and cook on the other side until opaque throughout, about 1–2 minutes more.

Place a piece of fish on each bun on top of the tomato, then spoon a generous amount of lemon tartar sauce on top. Place the top bun over the sauce and secure with a toothpick. Serve immediately.

DID YOU KNOW?

Australis Barramundi is clean and safe. There are no traceable levels of mercury and is antibiotic-free.

BARRAMUNDI FISH CAKES

New Orleans Style Fish Cakes with Creole Remoulade

Serves 8-10 as an appetizer

For the Remoulade

- ½ cup mayonnaise
- 2 tablespoons Creole mustard
- 2 teaspoons hot sauce (Crystal or Tabasco)
- 1 ½ teaspoons Worcestershire sauce
- 2 teaspoons prepared horseradish
- 1 tablespoon ketchup
- ⅛ teaspoon garlic powder
- ½ teaspoon paprika
- ¼ teaspoon cayenne pepper
- 1 tablespoon fresh lemon juice (1/2 lemon)

For the Barramundi Cakes

- ½ cup mayonnaise
- 1 large egg
- 1 tablespoon Creole mustard
- 1 tablespoon Worcestershire sauce
- 2 teaspoons Cajun or Creole seasoning
- 1 teaspoon hot sauce (Crystal or Tabasco)
- ½ red/yellow/orange bell pepper, diced
- 2 scallions, finely chopped
- 20 saltine crackers, finely crushed
- 1 pound cooked* barramundi, flaked apart
- 1 tablespoon olive oil
- 4 tablespoons butter
- Lemon wedges, for serving

To make the remoulade, whisk together the mayonnaise, Creole mustard, hot sauce, Worcestershire, horseradish, ketchup, garlic powder, paprika, cayenne pepper and lemon juice in a small bowl. Taste and adjust seasoning as needed. Cover and refrigerate until ready to serve.

To make the barramundi cakes, whisk together the mayonnaise, egg, Creole mustard, Worcestershire sauce, hot sauce, Cajun seasoning, bell pepper and scallions in a large bowl. Add the crushed saltine crackers and flaked barramundi, then gently mix until combined. Form the mixture into about 20 small patties and set aside.

Preheat the oven to 325 degrees. Heat the olive oil and butter in a large saute pan over medium high heat. Saute the barramundi cakes in batches, being sure not to overcrowd the pan. Cook until golden

brown on one side, flip, and cook until golden on the other side. Remove the cakes to a rack or paper towels to drain, then transfer to a baking sheet and place in the oven to keep warm. Repeat until all of the cakes.

Arrange the barramundi cakes on a platter and serve with Creole remoulade and lemon wedges on the side. Serve hot.

Note: The remoulade recipe makes approximately one cup. Any extra can be covered and stored in the refrigerator for up to one week.

Cooked barramundi: Follow the instructions on the packaging or roast at 425 degrees for 15 minutes.





PANKO CRUSTED BARRAMUNDI

with Sweet Potato Oven Fries and Vinegar Slaw

Serves 4

15m prep

25m cook

3–4 medium sweet potatoes (about 1 ½ lbs), scrubbed clean and dried

3 tablespoons vegetable oil, plus more for frying
Kosher salt and freshly cracked black pepper, to taste

¼ cup red wine vinegar

1 tablespoon plus 2 teaspoons sugar

½ teaspoon salt

½ teaspoon celery seed

1 cup all purpose flour

2 large eggs

3 cups panko breadcrumbs

½ teaspoon cayenne pepper

4 6-ounce barramundi fillets

4 cups shredded cabbage (green, purple or a mixture of both)

1 cup grated or julienned carrots

3 scallions, thinly sliced

Lemon wedges for serving

Preheat the oven to 425 degrees F. Slice the sweet potatoes lengthwise about ¼ inch thick, then slice ¼ inch in the other direction to make long fries. Spread the fries out on a parchment lined baking sheet and drizzle with 3 tablespoons vegetable oil, season with salt and pepper, then toss to coat. Bake for about 20–25 minutes, or until golden brown and crisp.

While the fries are baking, whisk together the red wine vinegar, sugar, salt and celery seed in a large bowl and set aside. Prepare the breading station by pouring the flour and panko breadcrumbs separately into two large shallow bowls. Crack the eggs into another large shallow bowl, season with salt and pepper and whisk to combine. Season the panko with salt and ½ teaspoon cayenne pepper.

Use paper towels to pat each barramundi

fillet very dry, then season with salt and pepper on both sides. Working with one fillet at a time, dredge lightly in flour, being sure to shake off any excess. Next, dredge in the egg and allow the excess to drip off, then transfer to the panko and coat on all sides. Repeat with the remaining fillets.

Heat about ½ inch of vegetable oil in a large, heavy bottomed frying pan (cast iron is best) over medium-high heat. Working in batches, place one or two fillets in the pan at a time and cook until golden brown. Flip, then cook until golden and crisp on the other side. Repeat until all fillets are finished.

Right before serving, add the cabbage, carrots and scallions to the bowl with the vinegar mixture and toss to combine. When the sweet potato fries are finished, transfer them to a bowl and serve immediately with the fish and slaw, with lemon wedges on the side.

RESOURCES

RECIPE LINKS

- | | | |
|----|--|---|
| 1 | Cioppino with Barramundi | http://bit.ly/cioppinobarramundi |
| 2 | Barramundi Gratin with Carrots, Leeks, and Spinach | http://bit.ly/barragratin |
| 3 | Sicilian Pasta with Barramundi, Tomatoes, Capers, Almonds | http://bit.ly/sicilianbarra |
| 4 | Sauteéd Barramundi with Lemon Herb Butter | http://bit.ly/lemonbutter |
| 5 | Barramundi Sheet Pan Supper with Fennel, Sausage, and Grapes | http://bit.ly/sheetpansupper |
| 6 | Herb Roasted Barramundi with Meyer Lemon Vinaigrette | http://bit.ly/lemonbarra |
| 7 | Fire Roasted Barramundi by Anita Lo & Mary Attea | http://bit.ly/fireroasted |
| 8 | Pan Seared Barramundi with Pomegranate Sauce | http://bit.ly/barralove |
| 9 | Pistachio Crusted Barramundi with Orange Fennel Salad | http://bit.ly/pistachiobarramundi |
| 10 | Blackened Barramundi Sliders | http://bit.ly/barraslidrs |
| 11 | New Orleans Style Barramundi Fish Cakes | http://bit.ly/barracakes |
| 12 | Panko Crusted Barramundi | http://bit.ly/pankobarra |

Find more recipes at thebetterfish.com/all-recipes

HOW TO VIDEOS

- | | |
|---|---|
| How to Make Cioppino with Barramundi | http://bit.ly/howtomakecioppino |
| How to Perfectly Pan Sear Fish | http://bit.ly/searfish |
| How to Roast Fish Straight from the Freezer | http://bit.ly/roastfishfrozen |
| How to Shallow Fry Fish | http://bit.ly/shallowfryfish |
| How to Grill Fish Like a Pro | http://bit.ly/grillfish |
| How to Properly Thaw Frozen Fish | http://bit.ly/thawfish |

SUSTAINABLE SEAFOOD

- | | |
|-------------------------------------|---|
| Monterey Bay Aquarium Seafood Watch | https://www.seafoodwatch.org |
| Four Fish by Paul Greenberg | http://amzn.to/28RFjIG |
| Is Frozen Fish Better Than Fresh? | http://bit.ly/frozenvsfresh |



Nicole Gaffney

Nicole aka "Coley" Gaffney is a professionally-trained chef, recipe developer, food writer, and tv personality best known for being second runner up on the 10th season of *Food Network Star*. Coley joined Australis as the National Brand Ambassador and Corporate Chef in 2016. She ran The Dinner Belle Personal Chef Service from 2010 through 2015, and prior to that, studied at Louisiana State University and the Academy of Culinary Arts, in addition to working extensively in the restaurant industry.

To learn more, visit ColeyCooks.com.

Australis Barramundi

Australis an award-winning producer of sustainable seafood and a leader in climate-smart ocean farming. With a company-wide mission to provide delicious and healthy fish in every home, Australis has spearheaded the introduction of barramundi in North America. We're proud to produce the first-ever ocean-raised fish to receive Monterey Bay Aquarium Seafood Watch™ "Best Choice" rating for sustainability.

Australis Barramundi has a mild, buttery flavor and succulent, meaty texture that just about everyone loves. It's naturally high in omega-3s with only half the calories of salmon. Our fish is 100% traceable and free from antibiotics, additives, and colorants. It has no traceable levels of mercury, PCBs, or other contaminants.

To learn more, visit TheBetterFish.com.

SHOW US WHAT YOU MADE!
Tag your dish [@thebetterfish](https://www.instagram.com/thebetterfish) on Instagram