



Barramundi

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TOP 3 THINGS TO KNOW

- It's a premium, sustainably farmed white fish
- High in omega-3's with half the calories of salmon
- Versatile ingredient and works in any white fish recipe



There are many kinds of fish in the sea, but few are as delicious, nutritious, and environmentally-friendly as **barramundi**.

This premium white fish is native to Australia and Southeast Asia. It has a mild, buttery flavor and meaty texture that appeals to just about everyone—even kids! Easy to cook and responsibly farmed, barramundi is a healthy and affordable alternative to some of the most overfished white fish.

DELICIOUS

Mild, buttery flavor and meaty texture

PURE & SAFE

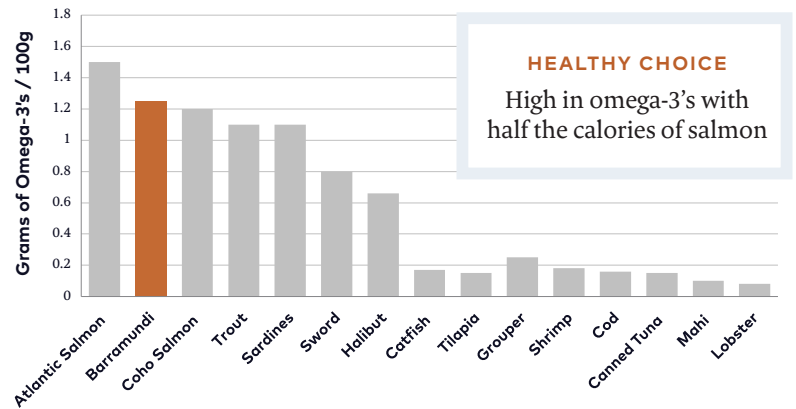
Free of mercury, PCBs and contaminants

FRESHER THAN FRESH

Flash frozen and vacuum-packed at peak freshness

RESPONSIBLY RAISED

No antibiotics, hormones, chemicals or colorants



HEALTHY CHOICE

High in omega-3's with half the calories of salmon



Barramundi can be used in any white fish recipe. No prep, no waste, no worries.

PAN-SEARED
GRILLED
ROASTED
FRIED
STEAMED

IN TACOS
ON SALADS
AS CEVICHE
WITH PASTA
IN CHOWDERS

Find great recipes at thebetterfish.com



Our quest for the perfect fish

Since 2004, Australis Barramundi has been on a mission to build a better, healthier food system. As a leader of responsible fish farming, we spent years on a global quest to find the perfect fish for our changing world—a fish with knockout flavor, exceptional nutritional attributes and a small environmental footprint.

BEST CHOICE RATED BY THE MONTEREY BAY AQUARIUM SEAFOOD WATCH® PROGRAM.

Where to Buy



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Find us in the freezer aisle or seafood case.

Use the **Store Locator** on our website to locate the closest shop near you.

You can also enjoy our barramundi through **Blue Apron** and at fine restaurants nationwide.

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