



AUSTRALIS



THE BETTER FISH®

**Australis Barramundi**  
THE SUSTAINABLE SEABASS®



# A fish that's better for you and our planet.

## THE CHALLENGE

Health experts recommend eating two servings of fish per week to obtain healthy amounts of essential omega-3 fatty acids. However, for everyone to get these two servings would require four planet earths if we relied on wild caught fish alone.

## OUR SOLUTION

We pioneered climate-smart ocean farming to bring you **Australis Barramundi**, the first ocean-farmed fish to receive a "Best Choice" rating by Monterey Bay Aquarium SeafoodWatch®. Enjoy healthy, delicious and sustainable barramundi and help our oceans recover.

Mild and buttery

High in omega-3s

Half the calories of salmon

No mercury or PCBs

No hormones or additives



Ready to cook

Skinless and boneless

Individually portioned

Fully traceable

Flash frozen within  
hours of harvest

**[thebetterfish.com/wheretobuy](http://thebetterfish.com/wheretobuy)**

*Find us in the freezer section and at fine restaurants everywhere*



**Crispy Pan-Seared Barramundi**  
WITH THAI-INSPIRED FISH SAUCE VINAIGRETTE

# Crispy Pan-Seared Barramundi

## WITH THAI-INSPIRED FISH SAUCE VINAIGRETTE

Serves 4

20m prep

30m cook

- .....
- ¼ cup Asian fish sauce
  - ¼ cup water
  - ¼ cup sugar
  - 2 tablespoons white vinegar or unseasoned rice vinegar
  - 1 lime, juiced (about 2 tablespoons)
  - 2-4 red Thai chiles, minced (remove seeds for less heat), or 2 teaspoons Sambal Oelek
  - 1 garlic clove, minced
  - 2 tablespoons roughly chopped fresh cilantro
  - 2 tablespoons roughly chopped fresh Thai basil (optional)
  - 3 tablespoons vegetable oil (or enough to coat the pan)
  - 4 6-ounce barramundi fillets, skinless
  - Salt for seasoning

Combine the fish sauce, water, sugar, vinegar, chiles and garlic in a bowl and mix until the sugar is dissolved, then set aside until you're ready to cook the fish. This vinaigrette can be made up to three days ahead, covered and chilled. When ready to cook the fish, add the cilantro and Thai basil to the vinaigrette and stir to combine.

Heat 3 tablespoons vegetable 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. When the oil is shimmering and almost smoking,

gently place two fillets in the pan. 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 serving plate and repeat with remaining fillets.

Top each fillet with a few tablespoons of vinaigrette and more herbs if desired. Serve immediately with plain steamed rice and your choice of vegetables.



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**Sheet Pan Barramundi**  
WITH FENNEL, SAUSAGE AND GRAPES

# Sheet Pan Barramundi

## WITH FENNEL, SAUSAGE AND GRAPES

Serves 4

15m 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
- $\frac{1}{4}$  cup sherry vinegar
- 4 5-ounce barramundi fillets
- $\frac{1}{2}$  cup whole walnuts
- $\frac{1}{2}$  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.

*Note: For a hassle-free clean up, place all ingredients on top of foil.*



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**Barramundi Crudo**  
WITH MANGO, KIWI AND JICAMA



# Barramundi Crudo

## WITH MANGO, KIWI AND JICAMA

Serves 4

40m prep

0m cook

8 ounces skinless barramundi fillets, partially frozen

Fresh lime, for squeezing

Flaky sea salt, for sprinkling

2 tablespoons finely diced mango

2 tablespoons finely diced kiwi

2 tablespoons finely diced jicama

Cilantro leaves, for garnishing

Extra virgin olive oil, for drizzling

Chili oil, for drizzling

Use a very sharp knife to remove the bloodline from the barramundi and trim away any uneven edges. Slice the fillet lengthwise into two long pieces by following the natural seam of the fish. Work with one strip at a time and carefully slice very thin, even pieces by angling your knife at a 45-degree angle.

Lay each piece of fish out on a platter, allowing them to overlap slightly. Squeeze fresh lime juice all over, then sprinkle with sea salt, being sure to season each and every piece. Evenly distribute the mango, kiwi, and jicama over the fish and around the plate. Place several cilantro leaves in a

decorative pattern on and around the fish. Sprinkle with a little more sea salt, then drizzle little bits of olive oil and chile oil around the edges. Serve immediately.

*Note: Using partially frozen fish makes it easier to slice and keeps it cold and fresh while you assemble the dish. If working with fresh fillets, just be sure it's very cold.*

*It's essential that you use the sharpest knife possible to slice the fish, otherwise it will be difficult to achieve thin, even slices.*



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**Barramundi Rodrigo Style**  
BELOVED DISH OF MEXICO CITY

# Barramundi Rodrigo Style

## BELOVED DISH OF MEXICO CITY

Serves 4

20m prep

10m cook

- 3-4 scallions, thinly sliced on a bias (about ½ cup)  
1 small bunch cilantro, leaves and stems, minced (about ½ cup)  
1 jalapeño pepper, finely diced (remove seeds for less heat)  
1 garlic clove, finely minced  
Zest from 1 lime  
¼ cup freshly squeezed lime juice  
1 teaspoon honey  
¼ cup extra virgin olive oil  
Salt and pepper to taste  
4 6-ounce barramundi fillets, skin-on  
All purpose flour, for dredging  
2 tablespoons vegetable oil  
Corn or flour tortillas, warm, for serving (optional)

In a small bowl, mix together the scallions, cilantro, jalapeño, garlic, lime zest, lime juice, honey, olive oil, salt and pepper. Taste for seasoning and adjust as needed, then set aside while you prepare the fish.

Pat the barramundi fillets very dry, then season both sides with salt and pepper. Heat the oil in a large heavy bottomed sauté pan (cast iron works great) over medium high heat. Dredge each fillet lightly in flour, tapping off any excess, and place in the pan skin-side down. Use a fish spatula to press down on the fillet for about 30 seconds to

prevent the skin from curling up and help it cook evenly. Cook until opaque around the edges, then flip to finish on the other side. It should take about 2-3 minutes on each side, depending on thickness. Repeat with the remaining fillets.

Transfer the fish to a platter and spoon sauce over top. Serve immediately with warm tortillas and extra sauce on the side.

*Note: For a gluten free version, a gluten-free flour blend can be substituted for the all-purpose flour, or it can be omitted altogether.*



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# Grilled Barramundi Stack

WITH EGGPLANT AND TOMATO

# Grilled Barramundi Stack

## WITH EGGPLANT AND TOMATO

Serves 4

40m prep

10m cook

- 1-2 medium eggplants, sliced into rounds, about 1/2 inch thick (8 good slices)  
Kosher salt and freshly cracked black pepper, to taste  
1 clove garlic  
1 teaspoon fresh lemon juice  
1 cup packed basil leaves  
½ cup extra virgin olive oil, plus more for drizzling  
8 3-ounce pieces skinless barramundi fillets  
1-2 medium heirloom tomatoes, sliced 1/2 thick (8 good slices)  
Aged balsamic vinegar, or balsamic reduction, for drizzling

Sprinkle the eggplant slices with salt on both sides, then place on a rack and set aside for 30 minutes. The salt will draw out excess moisture and bitterness.

While the eggplant is sitting, make the basil oil. Combine the garlic, basil, lemon juice and olive oil in a food processor or blender and process on high until smooth, about 1 minute. Season with salt and pepper, then set aside.

Use paper towels to blot the excess moisture and salt from the eggplant, then drizzle with olive oil and rub to coat on all sides. Sprinkle with freshly ground black pepper to taste.

Preheat a grill to medium-high heat. Use paper towels to pat the barramundi fillets very

dry. Drizzle with olive oil and rub to coat on all sides, then season both sides with salt and pepper. Grill the barramundi and eggplant pieces until nicely charred on the outside and the barramundi is opaque throughout.

Place a piece of eggplant in the center of a plate, then spoon a little bit of the basil oil over top. Stack a piece of tomato on top, season with salt and pepper, then drizzle with more basil oil. Top with a piece of fish, drizzle with more basil oil, then repeat with one more piece of each. Use up the remaining fish, tomato and eggplant to create three more stacks, then spoon a generous amount of basil oil over each. Finish with a light drizzle of aged balsamic or balsamic reduction around the perimeter of each plate. Serve immediately.



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