

## Lemon Butter Barramundi



- 4 barramundi fillets (skin on or off)
- 2 tablespoons salted butter
- 1 small clove garlic, minced
- ½ teaspoon salt
- 3 tablespoons fresh lemon juice
- 4-6 leaves fresh basil, minced (or ¾ tsp dry)

### For the Fish:

1. Rinse fillets and pat dry with paper towel.
2. Spray fillets with canola or olive oil.
3. Sauté the fillets on high heat for 3 minutes (skin side up).
4. Flip and cook 1 more minute. Transfer to serving dish.

### For the Sauce:

1. Gently sauté the garlic in butter for about 2 minutes. Stir in salt, lemon juice and basil.
2. Remove from heat and spoon over fillets immediately before serving.

Serving suggestion: Serve on a bed of lightly steamed young green beans and add chopped, fresh tomatoes for color.

Serves 4. Prep time: 5-10 minutes

### Did you know...

Virtually all barramundi are born male, and all turn into females when they are 3 - 4 years old. This means that female barramundi can only be courted by younger men!

### Better Tasting

Prized for its sweet, buttery taste and delicate texture, Australis Barramundi is regarded as one of the world's finest eating fish. Chefs nationwide are declaring it "the next seafood sensation." Discover for yourself why barramundi is Australia's favorite fish.

### Better For You

Australis barramundi is an excellent source of omega-3s, and is raised without hormones, colorants or antibiotics. Our unique indoor farming method, using pure artesian well water, ensures that our fish are free of mercury and other contaminants. So, you get more of what's good for you and less of what's not.

### Better For Our Environment

Australis is leading the way to a sustainable future with a revolutionary system that is clean and non-polluting. We purify and recycle over 99% of our water each day. We even reuse our fish manure by donating it to local farmers. All of this makes Australis "the good guys" of aquaculture.