

# Goldband Snapper with Lemon



SUPPORT NT CAUGHT

Northern Territory seafood is high quality produce from local pristine waters you can trust. Why buy imported substitutes when the best catch is local?

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### GOLDBAND SNAPPER WITH LEMON

**INGREDIENTS** 500g goldband snapper fillet (red emperor and saddletail snapper are also suitable)  
Juice of 1 lemon  
2 tablespoons of butter  
Chopped parsley  
Salt & pepper to taste

**METHOD** Soften butter and mix with  $\frac{1}{2}$  lemon juice to form a paste. Brush both sides of the fillet with lemon butter paste and season with salt and pepper. Pan fry or grill over medium heat for 3 minutes each side.

Test fish by piercing fillet with a knife. If you feel no resistance, the fillet is cooked. **SERVES 2.**

**SERVING** Pour remaining lemon juice over the fillet, sprinkle with parsley and serve with a crisp salad.

# Honey King Threadfin



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By eating local seafood, not only do you know it is good for you, you'll also be amazed by the taste and quality.

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### HONEY KING THREADFIN

#### INGREDIENTS

500g fillet king threadfin

Olive oil

Lemon juice

2 tablespoons honey

Plain flour

Salt

White pepper

#### METHOD

Thinly slice the fillet and coat in flour mixed with salt and pepper. Grill or lightly fry in olive oil. Heat the honey in a saucepan with a generous squeeze of lemon. Pour over the fish. **SERVES 2.**

#### SERVING

Serve with steamed vegetables or a crisp salad.

# Barramundi in Foil



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Northern Territory seafood is fresh, clean and healthy.  
Get your dose of Omega-3 when you eat local seafood.

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### BARRAMUNDI IN FOIL

- INGREDIENTS**
- 1 x 250g portion of barramundi per person
  - Tarragon
  - Butter
  - Thin slices of lemon or lime
  - Salt and pepper
  - Foil

- METHOD**
- For each portion of barramundi take a double length of foil.

Brush foil with butter. Place barramundi portion onto the buttered foil, sprinkle with tarragon and top with lemon or lime slices. Wrap the fish as an air tight package.

Place the packages on a moderate heat BBQ plate and cook for about 7 minutes (alternatively oven-bake for approximately 12 minutes on 180°). Test the fish by passing a knife into the package, if you feel no resistance then the fish is cooked. **SERVES 2.**

- SERVING**
- Serve with a crisp salad.

# Coconut Jewfish



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Reduce your carbon footprint by buying local seafood. Local seafood uses less energy than imported seafood as it doesn't require long distance transportation and long refrigeration times. **Ask if it's local and Support NT Caught.**

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## COCONUT JEWFISH

- INGREDIENTS**
- 600g Black Jewfish (queenfish, trevally and crimson snapper are also suitable)
  - 2 tablespoons olive oil
  - 1 medium onion, finely chopped
  - 1 stalk lemon grass, finely chopped or
    - 2 cloves garlic, crushed
  - 1 dessertspoon lemon juice
  - 1 teaspoon tumeric
  - 1 teaspoon salt
  - 425ml tin coconut cream
  - Freshly ground black pepper
- METHOD**
- Heat oil in pan and cook onion, garlic and tumeric for 5 minutes, or until onion is transparent. Add fish and continue cooking until thoroughly coated with onion mixture, about 1 minute. Add coconut milk, lemon juice and salt. Bring to boil and simmer for 10–15 minutes. **SERVES 4.**
- SERVING**
- Serve on a bed of rice. Sprinkle with freshly ground black pepper.

# Chilli Mud Crab



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When you buy local seafood, you are supporting some of the most highly regulated fisheries in the world. This maintains fish habitats, healthy fish populations, and clean waters.

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### CHILLI MUD CRAB

- INGREDIENTS**
- 2 green mud crabs
  - 1/4 cup peanut oil
  - 4 cloves garlic
  - 1 tablespoon grated ginger
  - 1/2 cup of tomato sauce
  - 1/4 cup chilli sauce
  - 1/2 cup of white wine
  - 1 tablespoon light soy sauce
  - 4 fresh chillies – seeded and thinly sliced
  - Spring onions – for garnish

- METHOD**
- Scrub crab shells clean. Remove top of shell, take out gut and gills. Break each crab into 4-6 pieces. Crack each part of shell to allow flavours to be absorbed.

Heat oil in a wok and fry crab pieces until they change colour, turning frequently. Remove and set aside. Lower heat and cook garlic, ginger and chillies. Add remaining ingredients and bring to the boil. Return crab to the wok and toss to coat the crab. Reduce heat to allow to simmer for further 3 minutes. **SERVES 2.**

- SERVING**
- Serve with steamed rice.