

SOUTH AUSTRALIAN YELLOWTAIL KINGFISH

CRISPY SKIN KINGFISH & VEGETABLES

SERVES: 2 as a main

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INGREDIENTS

- 2 South Australian Yellowtail Kingfish portions (approx. 150g each)
- Olive oil
- Salt
- Ground pepper
- Vegetables of choice – we used wombok Chinese cabbage and capers
- 1 tbsp butter
- 1 lemon

METHOD

1. Completely dry the skin of the South Australian Yellowtail Kingfish.
2. Just before you place on the fry pan, season the Kingfish skin with salt and pepper.
3. In a fry pan on medium heat, add oil and when hot, place the South Australian Yellowtail Kingfish skin side down. Add vegetables.
4. While the skin side is cooking, season the flesh side with salt and pepper.
5. Cook on medium for about 6 minutes until skin is crispy. Flip Kingfish over and cook for another 1-2 minutes until done. Important not to overcook.
6. During the last 1-2 minutes, add butter and lemon juice, being careful not to get on Kingfish skin in order to keep it crispy.
7. Remove South Australian Yellowtail Kingfish and vegetables to serve.

