

PAN ROASTED KINGFISH & VEGETABLES WITH HONEY SAUCE

SERVES: 2 as a main

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INGREDIENTS

- 2 South Australian Yellowtail Kingfish skinless portions (approx. 150g each)
- Olive oil
- Salt
- Ground pepper
- Vegetables of choice – we used a variety of blanched carrots, which go perfectly with the honey sauce.

HONEY SAUCE

- 1 tbsp butter
- 1 tbsp honey
- 1 tbsp lemon juice
- 1 tbsp parsley

METHOD

1. Preheat oven to 200°C.
2. Season both sides of the South Australian Yellowtail Kingfish flesh with salt and pepper.
3. Using an oven proof fry pan, heat pan on stove at medium heat, add oil and when hot, add the Kingfish and your choice of vegetables.
4. When coloured, approximately 3 mins, flip Kingfish and turn vegetables in pan. Place immediately into oven for about 8 minutes. Don't overcook the Kingfish. If you have a temperature probe you are looking for an internal temperature of around 44°C.
5. Remove South Australian Yellowtail Kingfish from pan.
6. Make the honey sauce by immediately placing pan and vegetables back on stove at medium heat. Add honey, butter, lemon juice and parsley. Give it a quick stir. This should be a quick process so your Kingfish doesn't go cold.
7. Add vegetables to plate and pour the sauce over the Kingfish.

