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## PAN-ROASTED BARRAMUNDI FILLET WITH BLISTERED CHERRY TOMATOES

**Prep** 10 mins  
**Cook** 10–15 mins  
**Serves** 6

### INGREDIENTS

2 sides (whole fillets)  
barramundi  
500g cherry tomatoes  
2 eschalots,  
peeled and sliced  
½ bunch oregano,  
leaves picked  
150mls extra virgin olive oil  
60mls sherry vinegar  
60mls grapeseed oil  
50g salted butter, diced  
squeeze of lemon juice  
1 lemon, cut into wedges

### METHOD

*Pre-heat oven to 200°C.*

Using a sharp knife, trim the belly from the barramundi fillets, remove any bones from the top of the fillets and tidy up any scrap edges (keep the belly and any excess trim for barra-masalata – see separate recipe). Turn the fillet so it is skin-side up and run your knife gently up and down the skin to remove any scales. Turn the fillet back to flesh side up and using a sharp knife, cut into portion of around 200g each.

Place the cherry tomatoes onto a lined baking tray, drizzle with a splash of olive oil and place into the pre-heated oven for 5–10 minutes or until the tomatoes have just started to burst and blister. Remove from the oven and leave to cool slightly.

Turn oven to 180°C degrees for the barramundi.

In a small saucepan, heat 2 tablespoons of the olive oil and over a medium heat sweat off the sliced eschalots until tender

and translucent. Remove from the heat and pour over the tomatoes. Add picked oregano leaves and sherry vinegar. Season to taste with salt and pepper.

To cook the barramundi, place a fry pan on a high heat and add the grapeseed oil. Season each of the barramundi fillets with salt and pepper. Once the oil is hot, place the barramundi fillets onto the fry pan skin side down, making sure you do not overcrowd the pan and lose heat as you will not get a crisp skin. Cook for 2–3 minutes then place the fry pan into the pre-heated oven and cook for a further 4–5 minutes until the fish is just cooked through. Remove from oven and place on a medium heat. Add the salted butter and allow to brown. Turn the fillet skin side up and using a spoon, coat the fish in the browned butter. Finish with lemon juice. Remove the fillets from the pan.

To serve, place the barramundi onto a serving plate, spoon over the blistered cherry tomatoes and serve with lemon wedges.

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