

crispy skin fish



Method

Prep: Juice one lemon into a glass bowl

Slice garlic thinly

Slice red chilli finely

Chop parsley

Cut fetta into small cube size pieces

Place black olives in small bowl

Pick 8 basil leaves into a bowl

chop parsley.

(It's important to have all this prep ready before we start to cook)

Pasta: Boil a pot of water big enough to hold pasta (10 parts water to 1 pasta) add salt to water. Place pasta in the pot and stir.

Fish: Brush fish fillet skin with olive oil and sprinkle with salt. In a hot non-stick pan place fish skin side down, cook skin until $\frac{3}{4}$ cooked through, turn fillet over and turn off the heat, leave fish to rest (the heat of the pan will finish cooking fish)

Add other ingredients: Now put cold olive oil in the frying pan add garlic. Slowly warm the pan until garlic starts to sizzle. Now add all ingredients apart from fetta cheese parsley and basil.

* check pasta, if cooked drain and add to frying pan, toss with ingredients. Now add basil, chopped parsley and then fetta with a squeeze of lemon juice.

Plate: Arrange pasta on plate and top with fish skin side up Garnish with lemon & dress with wild rocket lettuce.

Ingredients:

2 x fillets with skin left on

100g wild rocket salad

1 x red capsicum (sliced thinly)

2 x cloves garlic (sliced thinly)

50g sun dried tomato

20g black kalamatta olives

4 x sprigs parsley chopped

1 x long red chilli chopped

$\frac{1}{4}$ cup red onions (finely sliced)

8 x fresh basil leaves

75g good fetta cheese

50g wild rocket salad

1x lemon

200g papadella pasta

100mls of good olive oil

***Pauls Tip:** I like to leave the skin on a lot of fish, it protects the delicate flesh from drying out and if cooked correctly the skin adds lovely texture to the dish. This works well with a range of fish, bream and salmon being popular examples. Sometimes luderick skin may not always crisp up like other species and can turn rubbery. If this is the case, it's still great to leave it on to protect the fish, then remove before eating, leaving a moist white flesh.*

Paul Breheny

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