



Barramundi Steamed with Lemon Myrtle and Chive Butter

Serves 4

Celebrating NAIDOC Week with a delicious Barramundi recipe that features the native ingredient Lemon Myrtle.

TASTE OF NAIDOC FACT

NAIDOC Week each year celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples, and our Barramundi recipe has been proudly developed to acknowledge and commemorate this year's event.

Barramundi or Asian Sea Bass has been eaten for thousands of years in Australia. Its name is a loanword from the Aboriginal language of the Rockhampton area in Queensland meaning 'large scaled river fish'.

Lemon Myrtle is a flowering plant found in the subtropical rainforests of central and south-eastern Queensland, and Indigenous Australians have long used the plants leaves as both a flavouring in food and as a medicine.

INGREDIENTS

- 80g Unsalted Butter - melt.
- 1 tsp Ground Lemon Myrtle
- 4 tsp Lemon Juice
- ¼ bunch Chives - rinse, drain and cut into ½ cm slices.
- 4 x 25cm Square Aluminium Foil Pieces
- 4 x 140g Skin On Barramundi Fillets
- To Taste - Sea Salt and Freshly Ground Black Pepper
- 1 x Lemon - rinse, drain, remove either end and finely slice.

METHOD

1. Pre-heat an oven to a moderate temperature - 160°C.
2. In a mixing bowl, add the butter, Lemon Myrtle, lemon juice, ¾ of the chives and gently mix until the ingredients are combined.
3. On a clean work surface place the 4 squares of aluminium foil, shiny side facing upwards. In the centre of each, place a barramundi fillet with its skin side facing down, then slightly lift up each corner of the foil to prevent the butter escaping.
4. Drizzle each fillet with an equal portion of the butter, gently rubbing the butter into each fillet, then season each to taste and top each fillet with two slices of lemon.
5. Loosely fold the foil to enclose each fillet, crimping the edges so that the fish and butter are completely sealed in.
6. Place the foil parcels onto a baking tray and place into the oven. Bake for 12-15 minutes or until the fillets are just cooked through, then remove from the oven and set to one side and allow to rest for 2 minutes.

TO SERVE

Carefully open the aluminium foil packages and garnish the barramundi with the remaining sliced chives before serving.