



Macadamia nuts crusted fish



SERVINGS

4 people

COURSE

Main Course

PERFECT FOR

Midweek Meal

SKILL LEVEL

Easy

INGREDIENTS

- 1 cup macadamia pieces
- 1 tbsp plain flour
- ¼ cup loosely packed parsley leaves
- 1 egg lightly whisked
- 4 pieces of white fleshed fish such as snapper, about 180g each
- 1-2 tbsp macadamia oil for cooking

Simple lemon butter sauce

- 40 g butter
- 2 tbsp lemon juice

INSTRUCTIONS

. Combine the macadamias, flour, parsley and salt and pepper to taste in the bowl of a food

processor and process until the mixture resembles a coarse crumb. Place in a large shallow bowl. Place the whisked egg in a separate shallow bowl. Dip each fish fillet in the egg followed by the crumb mixture, coating the fish entirely. Place on a plate and allow to stand for 15 minutes to help the crumb mixture set.

. Heat the oil in a large frying pan over medium high heat. Add the fish and cook for 3-4 minutes on one side before turning and repeating for the remaining side. Adjust heat, if necessary, to avoid overcooking the crust. To test if the fish is ready, place a fork in the thickest part of one piece of fish and see if the fish flakes easily.

. For the simple lemon butter sauce, melt the butter in a small saucepan and add the lemon juice and season with salt to taste. Whisk to combine and pour over fish pieces to serve.

NOTES

Serving suggestion: Serve with a green summery herb salad with finely sliced fennel, capers and lemon wedges.

NUTRITION

Calories: 369kcal	Carbohydrates: 7g	Protein: 5g
Fat: 38g	Saturated Fat: 10g	Polyunsaturated Fat: 1g
Monounsaturated Fat: 25g	Trans Fat: 0.3g	Cholesterol: 63mg
Sodium: 84mg	Potassium: 174mg	Fiber: 3g
Sugar: 2g	Vitamin A: 626IU	Vitamin C: 8mg
Calcium: 43mg	Iron: 2mg	