



EGG HARBOR

SEAFOOD

THE TASTE OF FRESH | BY RASTELLI

Barramundi Fillet



the taste of fresh

DELICIOUS SUSTAINABLE SEAFOOD!

Plucked from the pristine mangrove water in Vietnam, this natural farm raised fish live and eat in its natural environment.

AVAILABLE:

Barramundi Fillets 6-8 oz.
IQF Skinless fillet

FRESH FACTS:

- Raised in all natural mangroves.
- Clean natural flavor.
- Can be broiled, baked or sauteed.

Product of Vietnam

the taste of fresh serving suggestion

OVEN BAKED BARRAMUNDI IN FOIL POUCH



Two 7-8oz. Barramundi Fillets
2 tbsp. olive oil
1 large clove of garlic, minced
1 fresh chili pepper, minced
1/4 C fresh Italian parsley, chopped
2 tbsp. fresh shallots, minced
1 fresh whole lemon, juiced
1 bunch baby spinach, cleaned and roughly chopped
1/4 C dry white wine
Salt and pepper to taste

DIRECTIONS

PREPARATION: In a large oven-proof baking dish lay 2 pieces of foil large enough to fold around fillets and place fish over top of foil. Lightly season fish with salt and pepper. Lightly drizzle olive oil over fillets. Top with spinach, minced garlic, minced shallots, minced chili pepper, chopped Italian parsley, fresh squeezed lemon juice and white wine. Season with salt and fresh cracked pepper. Fold foil around fish and seal all edges like a pouch. Place in preheated 375-degree oven for 20-25 minutes. Remove from oven and let stand 5 minutes before serving. Carefully open pouch, avoiding steam. Serve in pouch. Yields 2 servings.

ESTIMATED COST TO PRODUCE

\$ _____ PER PORTION