

“Give me
a Mandy
Mum!”



Kim McCosker
Co-founder of 4 Ingredients

FISH WITH AUSSIE MANDARIN & DILL SAUCE

SERVES 8

INGREDIENTS

4 Aussie Mandarins

2 tbs butter

500g barramundi,
cut into 4 fillets

2 tbs dill, chopped

METHOD

Finely grate rind of
1 Aussie Mandarin.
Juice 2 Aussie Mandarins
and set aside.

Peel and segment the remaining 2 Aussie Mandarins, removing any pips and set aside. Melt butter in a non-stick frying pan on medium. Add rind and swirl to combine. Cook fish for 2 minutes each side or until golden and cooked through. Place onto a serving plate. Add juice to the buttery sauce in the pan and simmer for 30 seconds. Add mandarin segments and dill then swirl to warm through. Drizzle fish with the Aussie Mandarin and dill sauce.

PLATING

Serve with chips and a fresh garden salad.



Aussie Mandarins