

Fillet of Blue Eye Cod with Aegean Aroma Crust

Ingredients

4 x 200g Blue Eye Cod fillets or steaks

40gm Wildings Aegean Aroma

2 Tbsp. Peanut oil

2 small Lemons cut in half (as if to juice)

4 small pieces of muslin (to wrap the lemon in)

4 pieces of string (to tie up lemon in muslin)

Method

Ensure all bones are removed from fish fillets. Brush each side of the fish with peanut oil. Place Aegean Aroma in shallow dish and press the non-skin side of the fish into the spices until coated. Place into hot skillet or onto a hot BBQ plate and cook for 4 minutes on each side (depending on thickness of fish). Rest in a warm place for 5 minutes before serving. Place lemon on muslin and tie with string, for garnish.

Serving Suggestion

Serve with a salad of shredded blanched snow peas, cucumber ribbons, a good quality fetta cheese (such as Meredith fetta) and toasted flaked almonds.

This recipe is low in fat, contains no preservatives, additives, M.S.G or gluten & is high in flavour and is very easy to prepare.