



# Sumak Barramundi & Butter Prawns

NIBBLEDISH CONTRIBUTOR

## Ingredients

(One serving) -1 fillet barramundi -10 medium prawns -1 cup salad mix ( rocket, baby spinach, red lettuce etc) -1/4 lemon -small sprig of parsley ( continental or basic) -1 cup pre-cooked steamed Basmati rice ( any long grained rice would suit) -1 Swiss Brown Mushroom ( or Shitake) -1/2 teaspoon of Sumak ( or make up from cayenne, paprika, tumeric, cummin and lemon juice) -salad sprinkle of pine nuts, almond flakes, sunflower seeds and crushed walnuts with a few raisins or diced apricots) -virgin olive oil -rock salt and peppercorns -30grams unsalted butter -Lovegrove Unwooded Chardonnay ([www.lovegrovewinery.com.au](http://www.lovegrovewinery.com.au))( or a Chardonnay that has been made without oak and malolactic fermentation( you need the flavours of pineapple,lime, grapefruit and crunchy green apple and a lingering sherbert finish to fully appreciate the superb plavours of this dish)

## Instructions

- 1.Melt butter in a 20cm pan ( with a vented glass lid)
- 2.on a slow heat in oven or micro, warm covered cooked rice for 2 - 3 minutes
- 3.sprinkle fillet of barramundi and prawns with sumak salt and pepper.
- 4.place fillet in pan and cover for 2 mins reduce heat to minimum.
- 5.have a slurp of the chardonnay ( very important),then wash and shake salad then,
- 6.plate salad and sprinkle with lemon juice, olive oil and salad sprinkle.
- 7.turn fillet and add prawns around the edge, cover and simmer for three minutes,
- 8.have a slurp of Chardonnay and then dice the mushroom and add to rice,
- 9.add tumeric to rice and toss lightly ,(let warmth of rice soften the mushroom)
- 10.dice parsley, add half to rice and keep other half
- 11.turn prawns to baste in butter(add remaining parsley over barramundi and a splash of lemon juice.cover low simmer 1 minute
- 12.plate rice/mushroom parsley mix beside salad,
- 13.plate barramundi on rice bed
- 14.plate prawns around barramundi and over salad
15. pour remaining warm butter over barramundi, prawns and salad
- 16.garnish with lemon 1/4 SERVE & ENJOY