

Australian Nut Processors

Recipe CITRUS AND HERB FISH ROLLS

Ref No. ANP002

INGREDIENTS:

6 double garfish fillets
4 satay sticks
1 lime

CITRUS PASTE:

1/4 cup **WINN MIXED PEEL** chopped finely
1/4 cup fresh dill
1 clove crushed garlic
1TbIs grated parmesan
salt and pepper
1TbIs olive oil
1 thick slice fresh bread crumbed
juice of 1 lime

Blend together all ingredients to make a paste



METHOD:

Cut the fillets into single fillets removing fins
Spread citrus paste onto skin side of fillets.

Gently roll each fillet and secure 3 rolls onto each satay stick, leaving 1cm between each fish roll.

Place on an oven tray – cover with foil. Bake in pre-heated oven 180°C for 10 – 15 minutes. Serve with fragrant rice or polenta and a generous squeeze of lime juice.

Serves 4 as a light meal

TIP:

soak wooden satay sticks for a few minutes in warm water to prevent wood from splintering

