



A four course meal – main course
Citrus Scented Coorong Mullet Sautéed In Turmeric Oil with an Orange and Fennel Salad

Adam Bishop, The Passionate Foodie
October 23, 2011



Ingredients:

- 8 medium/large fresh Coorong mullet – Coorong Wild Seafood
- 1 jar of **Citrus Salt 'For The Passionate Foodie'**
- 1 bottle of **Turmeric oil 'For The Passionate Foodie'**

Method:

Place the mullet onto a tray (skin side down). Season the fillets liberally with the **citrus salt**. In a medium heated large frying pan, or on a flat top BBQ – drizzle in a few glugs of the **Turmeric oil** and place the mullet (skin side up) in the pan/BBQ. Cook for 45 to 60 seconds and then gently turn and cook for a further 45 to 60 seconds.

Salad:

- 1 Orange, peeled and sliced
- 1 Fennel Bulb, cored and sliced thinly (the thinner the better)
- Bunch of Spring Onion, finely sliced
- Handful of baby Spinach, washed
- 12 Cherry Tomatoes, halved
- 1 bunch of flat leaf parsley
- 1 Jar of **Chilli, Lime & Coriander Dipping Sauce For The Passionate Foodie**
- A squeeze of Lemon
- 1 bottle of **Basil oil 'For The Passionate Foodie'**

Method:

Combine the salad ingredients in a bowl. Drizzle the **Chilli, Lime and Coriander Dipping Sauce**, add a squeeze of lemon and a drizzle of **Basil Oil** and season with salt and pepper.

To Serve:

Place the cooked mullet fillets on a plate, accompanied with the salad. Drizzle over a little more **turmeric oil** on the fish and a slight squeeze of lemon – Enjoy.

Serves 4 people

ASFM SHOPPING LIST

Ingredients

Herbs

Coorong Mullet

Citrus Salt, Turmeric Oil, Chilli,
 Lime and Coriander Dipping Sauce, Basil Oil
 Oranges & Lemons

Tomatoes

Vegetables

Stallholders

[Aay's Fresh Herbs](#); [Salad Greens & Kitchen Herbs](#);
[Hillside Herbs](#); [Alnda Farms](#); [Patlin Gardens](#);
[Hart's Vegetables](#),
[Coorong Wild Seafood](#)
[The Passionate Foodie](#)

[Fat Goose Fruits](#), [Cooinda Proprietors](#) , B&A
 Andonopoulos

[Tobalong Tomatoes](#)
[Patlin Gardens](#), Golden BC, [Hart's Vegetables](#),
[Alnda Farms](#), [Virgara's Garden](#), [N&M Tsimklis](#)