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Citrus-Scented Garfish Fillets Sautéed In Basil Oil

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Serves 4 people

Ingredients

8 medium/large garfish fillets
1 jar of Citrus Salt 'For The Passionate Foodie'
1 bottle of Basil Oil 'For The Passionate Foodie'

Method

Place the garfish fillets 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 basil oil and place the garfish fillets (skin side up) in the pan/BBQ.

Cook for 45 to 60 seconds and then gently turn the fish fillets and cook for a further 45 to 60 seconds.

Asian Salad Ingredients

½ red onion
¼ of a continental cucumber
1 small carrot
2 medium/large Roma tomatoes
A hand full of bean shoots
6 to 8 snow peas
4 large mint leaves
Large Thai basil leaves
4 sprigs of fresh coriander
1 large (mild) red or green chilli



Asian Salad Dressing Ingredients

Chilli, Lime & Coriander Dipping Sauce 'For The Passionate Foodie'
Squeeze of fresh lemon or lime juice

Asian Salad Method

Wash all the salad ingredients.

Peel the onion, carrots and cucumber. Quarter, then de-seed the tomato. Finely slice all salad ingredients and combine in a large mixing bowl.

Drizzle over 30 to 40mls of the dressing, and a squeeze of fresh lemon or lime juice with a pinch of salt and a few turns of the black pepper mill.

Mix well to coat all salad ingredients with the dressing.

To Serve

Place the cooked garfish fillets on a plate, accompanied with a lightly shredded Asian vegetable salad.

Also, over the fish, drizzle a little more of the basil oil and a slight squeeze of lemon.
Enjoy.