



## Pan-fried mulloway with tomato and zucchini

Michael Weldon, The Kitchen Gardener and Masterchef runner up 2011  
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### Ingredients:

2 mulloway fillets  
1 onion, diced  
1 zucchini, diced  
1 tomato. Diced  
1 chili, sliced  
Garlic sliced thinly  
1 bunch of basil, chopped  
1 lemon, halved  
Olive oil  
Salt  
Pepper

### Method:

In a hot fry pan add oil, then add zucchini, onion and slightly soften. Then add tomato and chili and cook until the tomato starts to break up then remove from the heat and add the basil. Leave aside to serve.

To cook the fish heat a non-stick fry pan to a smoking heat then add oil and the fish skin side down. Press down on the fish so the skin does not curl up. Once the has change colour half way through flip and cook the flesh side for 30-45 seconds. Leave aside to serve.

In a hot dry pan place the lemon halves flesh side down and leave until caramelised.

To serve plate a bed of the summer veg stew on the plate and top with the crispy skinned Whiting. Top with small basil leaves, a drizzle of olive oil and the juice of the caramelized lemon.

### ASFM SHOPPING LIST

#### Ingredients

Mulloway  
Roasted garlic oil  
Capers  
Basil  
Tomatoes  
Parsley and dill  
Onion, zucchini, chili & garlic

#### Stallholders

[Coorong Wild Seafood](#) (site 30)  
[The Passionate Foodie](#) (site 42)  
[Australian Caper Co.](#) (site 3)  
[Salad Greens & Kitchen Herbs](#) (site 95-96)  
[Tobalong Tomatoes](#) (site 62)  
[Aay's Fresh Herbs](#) (site 92)  
[Patlin Gardens](#) (site 75)