



Salt & pepper Coorong mullet fillets with pan-fried turmeric & lemon potatoes, and summer greens dressed with chilli, lime and coriander dipping sauce

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Ingredients:

Fish

9 whole fish mullet fillets
3 heaped table spoons of **Salt & Pepper Seasoning "for The Passionate Foodie"**
Pinch of **Citrus Salt "For The Passionate Foodie"**

Salad

2 hand fulls of fresh (washed) summer greens
1 red onion - Peeled and sliced
Punnet of Cherry tomatoes - Washed and halved
few fresh herb leaves (such as: coriander, basil and flat leaf parsley)
5 Table spoons of **chilli, lime and coriander dipping sauce "For The Passionate Foodie"**
Squeeze of half a lemon

Potatoes

4 large washed potatoes - Par boiled for 10 minutes and then cubed.
70mls **Turmeric & Lemon Oil "For The Passionate Foodie"**

Method:

Combine all salad ingredients in a bowl (except for the lemon juice and chilli, lime and coriander dipping sauce) - Gently mix and set aside... Dress salad with lemon and dipping sauce just before serving salad.

Place mullet fillets into the salt & pepper seasoning - coat well - Allow the fillets to stay in the seasoning mix for at least 5 minutes before frying. Heat a large non stick frying pan - Add Turmeric & lemon oil and heat to a medium/high heat - Add potatoes and cook till golden brown - when cooked, remove from the frying pan and place onto paper towel.

Put pan straight back onto the heat - Add basil oil - Then place the Mullet fillets in and cook for 1 minute each side - Just before serving the fish, dress the salad and put salad on plate. Then place potatoes on the plate. Then serve the fish fillets. Finish with a small drizzle of basil oil and a bit of lemon (optional)

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Ingredients

Mulloway
Turmeric & lemon oil
Basil
Tomatoes
Parsley and dill
Onion, greens, potatoes

Stallholders

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