



SCAN FOR VIDEO

BAKED HUMPTY DOO **BARRAMUNDI** WITH TOM YUM



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Prep time **20 minutes** | Cooking time **40 minutes** | Serves **4**

Baking a whole fish is one of the simplest, yet most effective ways to prepare plate-sized barramundi. Rather than going for a dry bake, we've baked the barramundi on a brothy tom yum-inspired bed of aromatics and tomato, so the fish roasts and steams at the same time, taking on all the beautiful flavours.

INGREDIENTS

- 2 plate-sized Humpty Doo Barramundi
- 2 tbsp vegetable oil
- 2 Spanish onions, thinly sliced
- 2 tbsp finely grated ginger
- 2 garlic cloves, finely chopped
- 400g grape tomatoes or cherry tomatoes, halved
- 1/4 cup tom yum paste
- 150g oyster mushrooms, larger ones torn
- 8 lime leaves
- 2 lemongrass stalks
- Juice of 2 limes, plus extra lime wedges, to serve
- Fried shallots and coriander sprigs, to serve

COCONUT RICE

- 1 1/2 cups jasmine rice
- 270ml can coconut milk
- 3 kaffir lime leaves

5 SIMPLE STEPS

1. Preheat oven to 200°C. Heat the oil in a large frying pan over medium-high heat, add the onions and fry, stirring occasionally for 6–8 minutes until very tender. Add the ginger and garlic and sauté for another minute or two until fragrant.
2. Add the cherry tomatoes to the pan, sauté for 4–5 minutes until beginning to soften, then stir in the tom yum paste until fragrant. Add oyster mushrooms, lime leaves, lemongrass and 2 cups water and bring to the simmer. Transfer to a large roasting pan.
3. Slash 3–5 incisions in each side of the Humpty Doo Barramundi, place on top of the tom yum mixture and drizzle with a little extra oil. Roast for 20–25 minutes until just cooked through.
4. For the coconut rice, combine rice, coconut milk, kaffir lime leaves, 375ml water and 1 tsp sea salt in a saucepan, stir over medium heat until simmering. Cover with a lid, reduce heat to low and cook for 15–20 minutes until rice is tender and all the liquid is absorbed. Fluff with a fork and keep warm.
5. Transfer barramundi to a large platter and spoon over tom yum sauce. Scatter with fried shallots and coriander and serve with coconut rice, with extra lime wedges for squeezing.