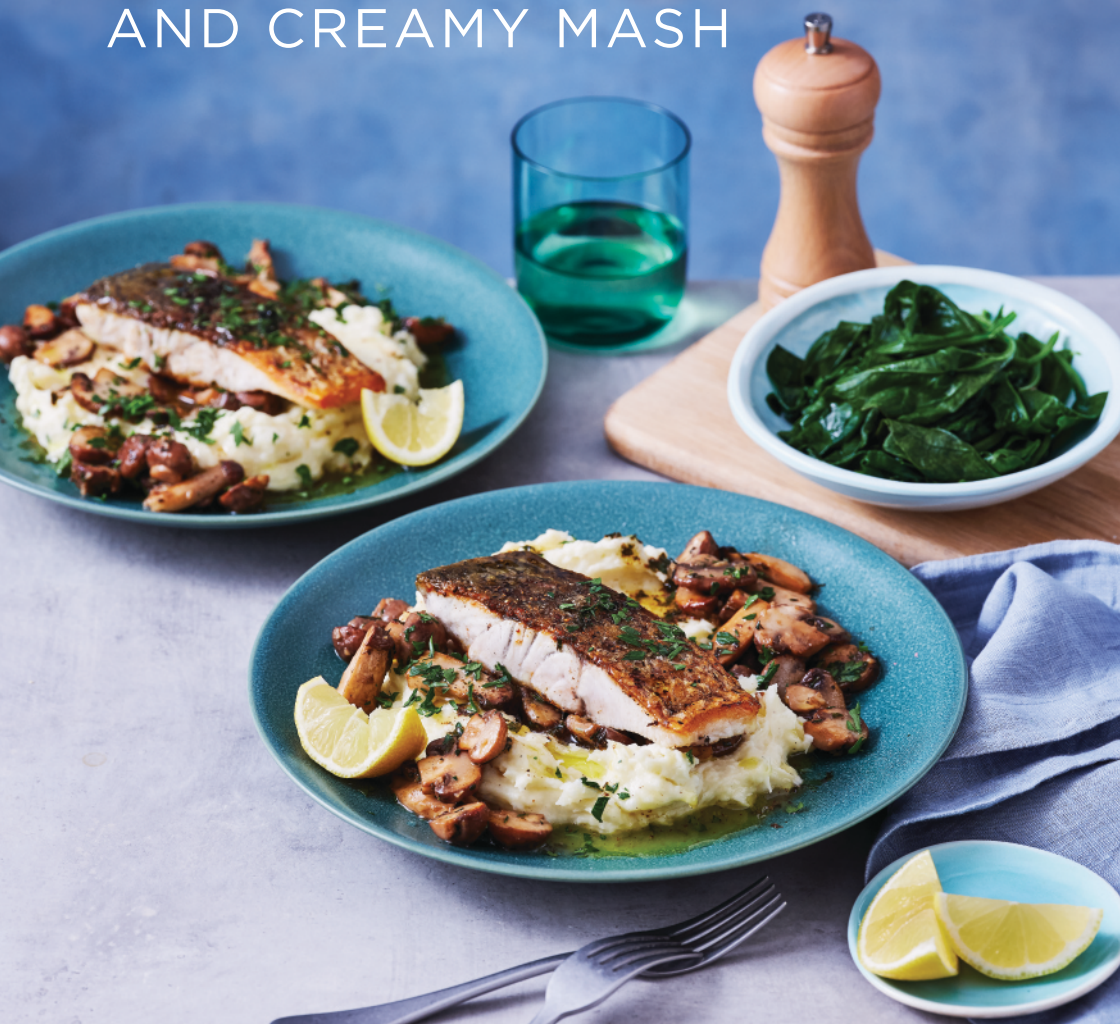




SCAN FOR VIDEO

CRISPY SKIN HUMPTY DOO
BARRAMUNDI
WITH GARLIC MUSHROOMS
AND CREAMY MASH



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Prep time **30 minutes** | Cooking time **30 minutes** | Serves **4**

Crisp-skinned barramundi meets the smoothest, creamiest mash in this simple but luxe dish. Use a mix of mushrooms—think king browns, chestnut and swiss browns—for visual and textural appeal. Don't be scared to take the burnt butter sauce to the limit—you want it to be nut brown and fragrant for maximum flavour.

INGREDIENTS

- 4 Humpty Doo Barramundi Fillet portions
- 60ml (1/4 cup) olive oil
- 150g chilled butter, diced
- 500g mixed mushrooms, sliced, halved or whole, depending on the size
- 2 garlic cloves, finely chopped
- 1 tbsp coarsely chopped thyme
- Finely grate rind and juice of 1 lemon, plus extra wedges to serve
- 2 tbsp coarsely chopped flat-leaf parsley
- Wilted spinach, to serve

CREAMY MASH

- 1 kg Sebago or Coliban potatoes, peeled and cut into rough 5cm chunks
- 300ml pouring cream
- 60g butter, diced
- 2 garlic cloves, finely chopped

6 SIMPLE STEPS

1. To make the creamy mash, combine potatoes in a large saucepan with enough cold salted water to cover generously, bring to the boil and cook for 10–12 minutes until potatoes are tender when pierced with a skewer. Drain and return to the pan, then mash until smooth. Bring the cream, butter and garlic just to the simmer in a separate saucepan, gradually add to the potato and mix until smooth. Season generously and keep warm.
2. Heat a large heavy-based frying pan over medium heat. Season barramundi all over with sea salt and freshly ground pepper. Drizzle with 2 tbsp olive oil and rub into the skin and flesh.
3. Place barramundi, skin-side down in the heated pan and cook for 6 minutes, turn and cook for another 7 minutes. Transfer to a plate to rest for 2 minutes.
4. While the barramundi is cooking, heat 30g butter and remaining olive oil in a separate frying pan until the butter is foaming. Add the mushrooms, season to taste and fry, stirring occasionally for 5–6 minutes until mushrooms are tender and golden brown. Stir in the garlic, thyme and lemon rind to combine and season to taste. Transfer to a plate.
5. Wipe out the pan, add remaining butter and cook, swirling pan occasionally, for 4–6 minutes until butter is browned. Remove from the heat, add lemon juice and parsley and stir to combine.
6. Divide the creamy mash among serving plates, top with barramundi and spoon garlic mushrooms and brown butter over the top. Serve with wilted spinach and lemon wedges.