



SCAN FOR VIDEO

HUMPTY DOO BARRAMUNDI

WITH WHITE WINE, CHILLI
AND GARLIC SPAGHETTINI



HUMPTY DOO BARRAMUNDI WITH WHITE WINE, CHILLI AND GARLIC SPAGHETTINI

Prep time **15 minutes** | Cooking time **20 minutes** | Serves **4**



A light tomato and white wine sauce flecked with succulent chunks of barramundi takes this pasta dish to a new luxe level. Shards of crispy barramundi skin and crunchy garlicky breadcrumbs add texture.

INGREDIENTS

- 400g dried spaghetti or 350g fresh angel hair pasta
- 4 Humpty Doo Barramundi Fillet portions
- 125ml (1/2 cup) extra-virgin olive oil
- 200g grape tomatoes
- 200ml dry white wine
- 2 garlic cloves, finely chopped
- 1 long red chilli, thinly sliced
- 30g butter, diced
- Juice of 1 lemon, or to taste, plus extra lemon wedges to serve

GARLIC BREADCRUMBS

- 1/4 loaf of sourdough bread, crusts removed, processed to chunky breadcrumbs
- 60ml (1/4 cup) extra-virgin olive oil
- 2 garlic cloves, finely chopped
- Finely grated rind of 1 lemon
- 1/4 cup coarsely chopped flat-leaf parsley

6 SIMPLE STEPS

1. To make the garlic breadcrumbs, preheat oven to 200°C. Toss breadcrumbs, oil, garlic and lemon rind in a bowl and season. Spread on an oven tray and bake for 10–15 minutes until golden brown and crisp. Stir through parsley and set aside.
2. Bring a large saucepan of generously salted water to the boil. Add the pasta, stir to combine, then cook until al dente—5–6 minutes for dried pasta or 2–3 minutes for fresh pasta. Drain and return to the pan, reserving 1/2 cup of the pasta cooking water.
3. Meanwhile, 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.
4. 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.
5. Return the barramundi pan to a high heat, add the remaining olive oil and tomatoes and cook, stirring occasionally for 4–5 minutes until the tomatoes blister and start to split. Add the wine, garlic and chilli, season to taste and boil for 1–2 minutes to reduce to a sauce. Add lemon juice and butter, swirl to combine and emulsify, then add the pasta and toss to combine. Add pasta cooking water if necessary to loosen the pasta.
6. Remove the crispy skin from the barramundi and break into shards. Flake the barramundi into large chunks, toss gently through the pasta. Divide among serving plates, top with the crispy skin and garlic breadcrumbs and serve with lemon wedges.