



# ORANGE ROUGHY PRIMAVERA

Prep Time: 15 minutes

Cooking Time: 20 minutes for a 2 inch fillet

Difficulty Rating: ■○○○○

## Ingredients

### Fish

Orange Roughy Fillet – 1 per person

Flour to dust the fish

### Topping (Quantities are per fillet)

30ml Olive oil

1 handful Cherry Tomatoes, sliced

¼ cup Olives - halved

¼ cup Fresh Basil leaves, chopped

Pinch of Salt

Black Pepper to taste

10 ml fish Spice

### Together, made better, with you:

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## Method

### Fish:

1. Dust the fresh Orange Roughy with flour and shake off the excess.
2. Place the fillet directly on your hot grill plate.
3. Cook until the fish is golden brown, turning occasionally.

### Topping:

1. In a heavy bottomed pan, heat your olive oil.
2. Add the tomatoes, olives, basil, salt, pepper and spices.
3. Cook until soft, allowing the flavors to fuse.
4. Place your cooked fish fillet on a serving board or plate and top with your tomato topping.
5. Serve with a lemon and lettuce garnish.

**megamaster**

TOGETHER, MADE BETTER