

## INGREDIENTS

### Fish

1 whole nannygai (around 1kg),  
or substitute with barramundi,  
whiting or garfish

Extra virgin olive oil (*Rio Vista  
Nothing But Olive Oil recommended*)

1 lemon, sliced

3 sprigs thyme

3 sprigs parsley

Salt

### Sauce

4 shallots, finely sliced

2 teaspoons, crushed  
coriander seeds

2 punnets heirloom cherry  
tomatoes (or large heirloom  
tomatoes if available), chopped

2 tablespoons mint, finely  
chopped

2 tablespoons parsley, finely  
chopped

2 lemons, juice

Fresh dill, for garnish

Extra virgin olive oil

Serves 4

# FOOD SECRETS WITH JANE & EDDIE

RECIPE CARD



# NANNYGAI WITH SAUCE VIERGE

## METHOD

### Fish

- Have your fishmonger clean and scale the fish. If using a larger fish, score the flesh to ensure even cooking. (You can ask your fishmonger to do this).
- Drizzle with olive oil and season generously with salt.
- Stuff the fish with sliced lemon and sprigs of thyme and parsley.
- Preheat the oven to 180°C fan. Place the fish on a baking tray lined with baking paper and cover with baking paper and foil.
- Cooking time will vary, but the fish is done when the flesh pulls away easily from the spine. Alternatively, insert a metal skewer into the thickest part of the fish and touch it to the back of your hand; if it's slightly warmer than body temperature, it's ready.

- Once cooked, remove baking paper and foil and place under the grill at 220°C for 5 minutes to crisp the skin.

### Sauce

- Cook the shallots, in olive oil in a pan over low heat, gently for 20–30 minutes until tender, ensuring they don't brown. Add the coriander seeds halfway through cooking the shallots.
- When the fish is ready to be served, heat the shallot and coriander oil and add tomatoes to the oil. Cook until they have softened slightly. Season with salt and add mint and parsley. Add lemon juice to taste.

### To Serve

- Place whole fish on a serving platter, with the salad on the side.
- Pour the sauce over the cooked fish, and garnish with dill.



Scan the QR code to watch Jane & Eddie prepare this delicious dish and to view other recipes in the series.



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Norwood  
Payneham  
& St Peters