AUSTRALIAN · LUNCH · DINNER

Seared Barramundi with Charred Corn Salad

40 min · Serves 6 · 352 kcal a serve · Video 6:02 · Coles

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

Barramundi is a lean Australian fish: each serve gives about 26 g protein, and the charred corn and capsicum salad adds fibre and about 80 mg vitamin C, dressed with olive oil and citrus rather than a creamy dressing.

Diet notes: Low saturated fat (2.4 g, 6% of the energy); DASH-friendly (440 mg sodium a serve).

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Ingredients 13 · SERVES 6

- [ ] 6 **skin-on barramundi** portions (about 100 g each)
- [ ] 6 **corn cobs**, husks and silk removed
- [ ] 2 **red capsicums**, seeded and cut into wide strips
- [ ] 1 **red onion**, thickly sliced
- [ ] 90 ml **olive oil**, divided
- [ ] 1 **lemon**, rind finely grated and juiced
- [ ] 1 **lime**, rind finely grated and juiced (1 tbsp juice goes in the dressing)
- [ ] 4 **spring onions**, thinly sliced
- [ ] 60 g **baby rocket leaves**
- [ ] 4 g chopped **flat-leaf parsley**
- [ ] 4 g chopped **mint**
- [ ] **salt** to season
- [ ] **pepper** to season

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat a barbecue grill or chargrill pan to medium-high. Toss the corn, capsicum, onion and spring onion whites with 1 tbsp oil and season. Char the corn for about 10 minutes, turning, then grill the other vegetables until lightly charred. 0:16
2. Whisk the lemon rind and juice, the lime rind, 1 tbsp lime juice and 2 tbsp oil, and season. 3:07
3. Slice the kernels off the cobs with a serrated knife. Roughly chop the capsicum and onion and toss with the corn, the dressing, the spring onion greens, rocket, parsley and mint. 4:01
4. Pat the fish dry, score the skin and salt it. Lay it skin-side down in a cold non-stick pan with 2 tsp oil, then raise the heat gradually to high, pressing it down, until the skin is crisp. Turn and cook about 2 minutes. Cook in batches. 1:54
5. Serve the fish skin-side up on the corn salad, keeping the dressing off the crisp skin. 5:12

> **Tip** Serves 6 (as Curtis Stone says). Snapper or any firm white fish works. Frozen corn kernels can be charred in a hot dry pan if fresh cobs are out of season.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
352 kcal	26 g	28 g	4.4 g	17 g	440 mg
1,470 kJ	52% of a day	24 g net · 8.3 g sugars	16% of a day	2.4 g saturated	19% of a day
		10% of a day		21% of a day	

Energy from net carbs 27% · protein 29% · fat 44%

High in (20%+ of a day) Vitamin B12 117% · Vitamin C 90% · Selenium 72% · Vitamin K 45% · Vitamin B6 41% · Omega-3 25% · Vitamin E 22%

Source of (10–19%) Folate 19% · Potassium 18% · Magnesium 17% · Vitamin A 16% · Zinc 11%

Recipe and video: Coles (@coles) on YouTube — youtube.com/watch?v=vg-dYIf-7MY, published 11 March 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/seared-barramundi-charred-corn-salad