



STEAMED TARAKIHI AND PAN-FRIED ANCHOVY BUTTER TREVALLY BY ANNE THORP

TARAKIHI STEAMED ON WATERCRESS WITH RED ONION, FENNEL BULB, SWEET TOMATOES AND SLIVERED CUCUMBER SERVED WITH MINTED POTATOES

Ingredients

INGREDIENTS:

1 Large agria potato/2 small
Mint leaves
Good pinch of sea salt
Small bunch watercress
1 Tarakihi fillet 150gm
Fennel bulb, 6 finely sliced slivers
½ small red onion, finely slivered
Cucumber, 4 fine slices
2 sweet vine tomatoes
1 lemon wedge
Extra virgin olive oil
Seasoning
Baking paper
Steamer

METHOD:

Peel cut and boil potatoes in a pot with salt and mint till cooked through.
Prepare steamer - Fill steamer/bamboo pot with a little water.
Place baking paper on the tray.
Put the watercress into the steamer on the baking paper and lay the Tarakihi on top, arrange the fennel bulb, red onion and cucumber slices alongside the fish.
Lastly put a small X on the top off the tomatoes to release the pressure when they are steaming and pop them in the steamer to the side with the wedge of lemon.
Drizzle with olive oil.

Put steamer onto hot element, when water comes to the boil put lid on and



steam for 3 minutes.

Remove from element, being careful not to burn yourself with the hot steam remove the lid and dish up by transferring everything from the steamer onto a plate.

Drain the potatoes and transfer to a serving bowl.

Sprinkle fish with a little Japanese Chilli Salt and drizzle with your favourite olive oil

PAN-FRIED TREVALLY IN ANCHOVY BUTTER WITH OVEN ROASTED KUMARA AND FRESH HERB SALAD, DRESSED WITH HERB SAUCE.

INGREDIENTS:

1 large kumara/2 small kumara cut into fat chips

Rosemary sprigs

1 Tbsp. olive oil

1 Tbsp. butter

2 Anchovy fillets

¼ cup olive oil

1 Large fillet trevally 150gm

1 Handful coriander

2 Spring onions thinly sliced

2 Handfuls watercress

1 Handful basil leaves

1 Handful mint leaves

1 Handful shaved fennel bulb

1 Handful thinly sliced cucumber

1 Small capsicum thinly sliced

½ Cup Italian parsley

½ Cup watercress or rocket leaves

1 Tbsp. fresh marjoram

4 Basil leaves

1 Garlic clove

Salt/pepper

½ Cup olive oil

METHOD:

Peel and cut kumara into wedges and place into a bowl and toss with olive oil and rosemary. Put into oven 200 degrees° and roast until soft.



Toss every now and then while roasting.

Mix the anchovy in softened butter and oil.

Add into a pan on medium heat and fry the trevally.

Make up the fresh herb salad in a bowl by adding coriander, spring onions, watercress, basil leaves, mint leaves, fennel bulb, cucumber and capsicum and toss.

To make the herb sauce, combine parsley, watercress/rocket, marjoram, basil leaves, garlic, salt/pepper and olive oil and blitz.

Bring the wedges out of the oven and serve in a bowl, dish up the trevally with a side of the herb salad and drizzle both the salad and fish with the herb sauce.

Enjoy!

FURTHER LINKS:

www.annethorp.co.nz



<https://www.instagram.com/annethorpnz/>

<https://www.facebook.com/anne.thorp.96>

To find out more about the Whānau Living TV series visit our website:

[**http://www.whanauliving.co.nz/**](http://www.whanauliving.co.nz/)

another Adrenalin Group Production