

Season: January - June

Cool Tassie Broccoli

Salt Crusted Fish on Broccoli

Serves 4

- 1 small head of Tassie broccoli
- 100g Tassie green beans
- 2 tablespoons lemon juice
- 4 tablespoons olive oil
- 1 garlic clove, crushed
- 1 tablespoon small capers
- 1/4 cup small black olives
- Salt flakes and freshly ground pepper
- 4 thick fillets of white fish, skin on
- 1 red capsicum, roasted

Cut broccoli into long spears and slice beans lengthways. Steam both for 3 minutes or until tender. Whisk together lemon juice, oil, garlic, capers, olives and salt and pepper to taste. Pour over broccoli and beans, toss and keep warm. Slash skin on fish and sprinkle with salt flakes. Put 1 teaspoon oil in a pan and, when hot, add fish skin side down and cook for 2-3 minutes on each side. Arrange pieces of capsicum on plates, top with broccoli mixture and a piece of fish.

