



LEMON MYRTLE & MACADAMIA CRUSTED BARRAMUNDI

A sophisticated, native Australian twist on a coastal classic

This dish perfectly captures the "Modern Australian" ethos: using world-class sustainable seafood and elevating it with the unique textures and aromas of the Australian bush. The buttery crunch of the macadamias protects the delicate fish, while the lemon myrtle provides a citrus fragrance that is far more complex than a standard lemon.



- Prep time: 15 mins
- Cook time: 10-12 mins
- Serves: 2

INGREDIENTS

2 Barramundi fillets (approx. 180g each), skin off
1/2 cup Raw macadamia nuts, roughly chopped/crushed
1/4 cup Panko breadcrumbs (for extra crunch)
1 tsp Dried lemon myrtle leaves (ground)
1 tbsp Fresh parsley, finely chopped
1 tbsp Butter, melted
1 tbsp Olive oil
Salt & Pepper to taste
Lemon wedges and a side of Warrigal Greens (or baby spinach) to serve.

INSTRUCTIONS

- Prepare the Crust: In a small bowl, combine the crushed macadamias, panko breadcrumbs, ground lemon myrtle, parsley, and melted butter. Mix until the crumbs are evenly coated in the butter.
- Prepare the Fish: Pat the Barramundi fillets dry with a paper towel. Season both sides lightly with salt and pepper.
- Apply the Topping: Press the macadamia mixture firmly onto the top side of each fillet to create an even, thick crust.

Sear & Bake:

- Preheat your oven to 200°C.
- Heat olive oil in an oven-proof frying pan over medium-high heat.
- Place the fish in the pan, crust-side up. Cook for 2 minutes to seal the bottom.
- Transfer the pan to the oven and bake for 8–10 minutes, or until the macadamias are golden brown and the fish flakes easily with a fork.

Serve:

Lift carefully with a spatula. Serve alongside roasted chat potatoes or a light citrus salad.

Chef's Tips for the Global Traveler

Because some of these ingredients are native to Australia, here are some suggestions to recreate the flavor at home:

- **The Fish:** If Barramundi isn't available, any firm, white, sustainable fish works beautifully. Snapper, Sea Bass, or even thick Cod fillets are excellent substitutes.
- **The Lemon Myrtle:** This is the "soul" of the dish. If you can't find it at a specialty spice shop, substitute it with 1 tsp of finely grated lemon zest and a pinch of dried lemon thyme. It won't have that distinct "eucalyptus" back-note, but it will keep the citrus profile alive.
- **The Macadamias:** If macadamias are hard to find, Cashews are the best substitute due to their high fat content and creamy texture when baked.
- **Don't Overprocess:** When crushing the nuts, keep some larger "shards." You want a variety of textures—from fine powder to chunky pieces—to get that signature Australian "crunch."

The Perfect Pour: Wine Pairings

Australia's wine regions are as diverse as its landscapes, and this Barramundi dish calls for a white wine that can stand up to the richness of the macadamias while complementing the citrus of the lemon myrtle.

1. The Classic Choice: Margaret River Chardonnay

If there is one wine built for this recipe, it's a Chardonnay from Western Australia's Margaret River region.

- **Why it works:** These wines are famous for their "line and length"—a perfect balance of natural acidity and a slightly creamy, toasted oak finish. The buttery notes of the wine mirror the macadamia crust, while the grapefruit and stone fruit undertones dance beautifully with the lemon myrtle.

2. The Crisp Alternative: Hunter Valley Semillon

For those who prefer a wine that is light, zesty, and "clean" on the palate, look no further than New South Wales' Hunter Valley.

- **Why it works:** A young Hunter Semillon is celebrated for its citrus-driven profile (think lemon and lime zest). It acts almost like a squeeze of fresh lemon over the fish, cutting through the richness of the nuts and refreshing the palate between every bite.

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3. The "Wildcard": Adelaide Hills Sauvignon Blanc

While New Zealand is famous for "Sav Blanc", the Adelaide Hills in South Australia produces a more refined, elegant style.

- **Why it works:** It often carries herbal, "leafy" notes that harmonize specifically well with native Australian botanicals like lemon myrtle and saltbush.

Chef's Serving Tip: Serve your white wine chilled—but not "ice cold." Taking the bottle out of the fridge about 10–15 minutes before pouring (around 10°C) allows the complex aromas of the Margaret River oak or the Hunter citrus to really open up.