

White fish with caponata & sourdough croutons

Ingredients: (Serves 4)

- 1 tablespoon olive oil, plus 1 tablespoon extra
- 4 thin white fish fillets (eg. Coorong mullet, King George whiting)
- 2 thick slices sourdough bread, torn into bite sized pieces
- ½ bunch of basil, leaves picked

Caponata:

- 2 tablespoons olive oil
- 1 small eggplant, cut into bite sized pieces
- 1 red capsicum, thinly sliced
- 1 red onion, thinly sliced
- 1 punnet cherry tomatoes, halved
- 4 garlic cloves, thinly sliced
- ¼ cup red wine vinegar
- 2 tablespoons capers
- 2 tablespoons currants
- pinch of salt

Method:

1. For the caponata, heat oil in a large frying pan over medium-high heat. Cook eggplant for 4-5 minutes or until tender and golden. Remove from the pan and reduce heat to medium. Cook capsicum and onion for 4-5 minutes or until softened. Add in cherry tomatoes and garlic and cook for a further 2-3 minutes or until tomatoes have collapsed and garlic becomes fragrant. Return eggplant to the pan, then stir through vinegar, capers and currants and season with salt. Keep warm.
2. Meanwhile, heat one tablespoon oil in a medium frying pan over medium-high heat. Cook fish skin side down for 2-3 minutes or until skin is crispy and nearly cooked through. Turn and cook for a further minute or until just cooked. Remove fish from pan and add remaining one tablespoon oil. Cook bread for 2-3 minutes or until golden and crispy.
3. Divide caponata between serving plates. Place fish on top, then finish with croutons and basil leaves.

Nutrition Information: (Per serve)

Energy:	1798kJ (429cal)	Protein:	30.4g	Total Fat:	22.6g
Saturated Fat:	3.7g	Carbohydrate:	22.2g	Sugars:	12.2g
Fibre:	6.9g	Sodium:	410mg		