



Pan-fried flathead fillets with artichoke hearts and sun-dried tomatoes

Flathead is a superb and popular fish with great flavour and texture.

4 flathead fillets, each about 100g
A little plain flour for dusting
Salt, freshly ground black pepper and paprika
4 tbsp Cobram Estate Murray Valley rich & robust Extra Virgin Olive Oil
Handful of mixed greens
4 artichoke hearts in oil, drained
4 semi-dried or sundried tomatoes
1 tbsp finely cut chives
2 tbsp finely chopped parsley
Juice of ½ lemon
2 slices of lemon

Serves 2

Murray Valley rich & robust Extra Virgin Olive Oil



Cobram Estate murray valley extra virgin olive oil is multi-award winning, premium oil pressed from olives grown on Australia's leading groves near the famous Murray River

This oil is best enjoyed when drizzled over pasta dishes or vegetables, used as a marinade for meat, incorporated in stews or casseroles, added to tomato based sauces as a peppery seasoning and dipped with crusty bread.

Coat flathead fillets lightly with plain flour and season with salt, pepper and paprika.

Heat half the Cobram Estate Murray Valley rich & robust Extra Virgin Olive Oil in a non-stick pan and cook fish for about 3 minutes on each side.

In a bowl, toss salad greens with artichoke hearts, sundried tomatoes, chives, parsley, lemon juice and remaining oil.

Place 2 pieces of fish on each plate, top with lemon slices and serve with the mixed salad.

Enjoy your meal,

Gabriel Gaté