

Peppered fish on **Panzanella** salad

Recipe by chef Dale Sniffen

Preparation time: 20 minutes
Cooking time: 4 to 6 minutes for the fish
Serves: 6 to 8 portions

Salad prep list:

Hand full of mixed leafy green lettuce
½ **Ciabatta** bread cut into 1cm cubes
100gm semi dried tomato
100gm fresh **Bocconcini cheese** cubed
Pron: bok – on – chee -nee
1 burp less cucumber seeded and cubed
1 hand full grilled fresh **asparagus**
1 red onion cubed
6 vine ripened tomato wedges
1 ½ cup fresh basil leaves

Dressing:

50 ml lemon juice
100ml tbsp extra virgin olive oil
Sea salt & pepper

Always whisk the **oil into the acid** when making a dressing, season to taste.

Toss all the salad ingredients on top of the dressing until well combined.

fish prep

500gm fresh fish fillets, pat dried
1 tbsp Chef Dale's seafood blend
1 tbsp olive oil

Rub fresh fish with spice rub, then drizzle olive oil, allow 10 minutes for the fish to develop flavor before cooking.

Pre-heat a flat grill for 5 minutes No fat! Cook fish skin side up for 4 minutes on the one side then 2 minutes on the next.

Serve lemon pepper fish on the tossed salad with lemon wedges.