

Barramundi Fish Fillet with Steamed Greens

Serves: 1
Prep time: 5 Minutes
Cooking time: 12 Minutes

Ingredients:

- 1 large sheet of foil or baking paper
- 1 barramundi fillet (150g-200g)
- ½ lemon, juiced
- salt and pepper
- knob of butter
- [steamed greens](#)



I love the simplicity of cooking fish this way, melt in your mouth, tender

Method:

- Pre heat oven (180°) or grill to medium high heat
- Place the fillet of fish onto a sheet of foil or baking
- Squeeze the lemon juice over the fish
- Sprinkle with salt and pepper
- Place the butter on top of fish
- Wrap the fish and seal by folding the edges in
- Place on small baking tray and cook in oven or under grill for approx. 8-12 minutes depending on size and thickness of fillet, **use caution when opening & releasing steam**, the fish should just flake apart when cooked
- Serve with [steamed greens](#)