

Roasted Whiting with Zucchini and Fennel Salad

Prep time:	5 mins	Cook time:	25 mins	Serves:	4
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Ingredients

4 Whiting fillets
1 bulb fennel, sliced finely
3 zucchini, shaved with vegetable peeler
1 red onion, sliced finely
50g shaved parmesan
10 good quality green Italian olives
2 garlic cloves, crushed
3tbs butter
3tbs olive oil
100ml fresh orange juice
2tbs sugar
50ml fresh lemon juice
50ml white wine vinegar
30ml extra virgin olive oil

Method

Citrus Vinaigrette

1. Heat the orange juice and sugar in a small saucepan until it reduces by at least half and set aside to cool.
2. Combine orange juice, lemon juice and vinegar with olive oil and whisking vigorously until well combined.

Zucchini and Fennel Salad

1. Shave zucchini with a vegetable peeler.
2. Finely slice fennel, red onion and olives.
3. Shave parmesan, combine all ingredients and dress with a little citrus vinaigrette.

Whiting

1. Score whiting skin and rub with a generous amount of salt.
2. Heat butter and oil on a high heat and cooking garlic for about 30 seconds, being carefully not to burn the garlic.
3. Place whiting skin side down in the frying pan for about 1 minute, then flip over and cook the other side for 45 seconds to a minute (depending on the thickness of the whiting fillet).

Presentation

To serve, mound the salad on a plate and place a piece of Whiting fillet on top. Drizzle some more citrus vinaigrette over the Whiting and serve with a wedge of lemon on the side.