

**Gasmate®**

FISH FILLETS WITH TOMATO SALSA



Camping
Stove

Serves 4 people
Prep Time 20 Minutes

This is a quick and easy recipe for lunch or dinner. Grab some fresh fish and nice tomatoes ripened on the vine for a healthy Mediterranean meal.

- 4 pieces** White fish fillets (barramundi used in photo)
- 1 clove** Garlic minced
- ½ tbsp** Extra Virgin Olive oil
- 1 tbsp** Butter
- 1** Lemon
- Extra Virgin Olive oil
- Salt and pepper to taste

TOMATO SALSA

- 4** Ripe vine tomatoes diced
- 2 tbsp** Extra Virgin Olive oil
- ½ clove** Garlic minced
- Salt to taste

1. To make the tomato salsa, dice tomatoes and place in a bowl. Mince half a clove of garlic and add to tomatoes. Salt to taste and add olive oil and mix to combine. Set aside.
2. In a large frypan, heat olive oil and butter on medium heat, add garlic. Salt fish portions on both sides and place in frypan skin side down once butter melted and garlic soft.
3. Cook until skin is crispy and brown and then turn onto other side. The amount of time to cook fish will depend on the thickness of the portions. Generally, 6-8 minutes turning once.
4. Once cooked squeeze some fresh lemon over the fish, place on serving plate and spoon over salsa and drizzle some of the olive oil from the salsa over the tomatoes.
 - Serve with rice vegetables or salad.

THE OUTDOORS MADE EASY.