



SAME DISH  
**NEW FISH**

Grilled Octopus  
with Kipfler  
Potato Salad

[samedishnewfish.sa.gov.au](http://samedishnewfish.sa.gov.au)

## Grilled Octopus with Kipfler Potato Salad

### Ingredients





1 kg Octopus tentacles  
1 tsp black peppercorns  
1 tsp fennel seeds  
1 lemon, zested  
1 tsp dried oregano  
1/3 cup extra virgin olive oil

### POTATO SALAD

12 kipfler potatoes  
1 cup whole egg mayonnaise  
1 tbsp Dijon mustard  
1/3 cup baby capers, drained  
1/2 cup dill, chopped  
1 lemon, juiced  
1/2 bunch chives, roughly chopped  
Salt flakes and freshly ground black pepper

### Method

- 1 For the **Octopus**, place **tentacles, peppercorns & fennel seeds** into a large pot and cover with **cold water**. Place over a medium heat and bring to the boil. Reduce heat to a simmer and cook for 1 hour. Remove pot from heat and allow **Octopus** to cool in poaching liquid, until you can handle with ease (approx. 90 minutes). Remove **Octopus** from pot and pat dry with kitchen paper. Set aside.
- 2 Combine **lemon zest** and **oregano** in a small bowl and set aside.
- 3 For the **potato salad**, place **potatoes** in a large saucepan covered with **cold water**, adding a good pinch of **salt**. Place pot over a medium heat and bring to the boil. Cook **potatoes** until there is very little resistance from a knife and strain. Allow **potatoes** to cool on the bench to room temperature, do not refrigerate.
- 4 Cut **potatoes** into 3 cm pieces and place in a large mixing bowl. Add **mayonnaise, Dijon mustard, capers, dill, lemon juice, salt and pepper**, and mix until well combined. Place **salad** on a serving platter and sprinkle over **chives**.
- 5 To finish **Octopus**, heat a **barbecue**, chargrill or griddle pan to high. Place cooked **Octopus** in a bowl and drizzle with **olive oil** to coat. Place **tentacles** onto grill and cook both sides until caramelised (approx. 2 minutes each side). Remove from grill and rest for 5 minutes. Slice into 5 cm pieces.
- 6 To serve, place **Octopus** on top of the **potato salad** and sprinkle **lemon zest** and **oregano** mixture over the top.

|  |                                  |   |
|--|----------------------------------|---|
|  | PREP TIME<br>15 min<br>+ cooling |  |
|  | COOK TIME<br>45 min              |   |
|  | SERVES<br>4                      |   |



SAME DISH  
**NEW FISH**

---

Mulloyway  
Fish Pie

[samedishnewfish.sa.gov.au](http://samedishnewfish.sa.gov.au)

## Mulloway Fish Pie

### Ingredients

800 g skinless Mulloway fillets, diced  
1 bunch silverbeet, leaves chopped & blanched  
375 g packet of Carême puff pastry, thawed  
1 egg, lightly beaten

#### LEEK CREAM

20 g unsalted butter  
1 tblsp extra-virgin olive oil  
1 leek, finely diced  
2 cloves garlic, finely sliced  
2 tblsp plain flour  
Salt flakes and freshly ground black pepper  
1/2 cup fish stock  
300 mls cream  
1/4 flat leaf parsley, chopped

### Method

- 1 Preheat oven to 200°C (180°C fan-forced).
- 2 For the **leek cream**, melt **butter** and **oil** over low heat in a medium saucepan. Add **leeks** and **garlic**, cover and cook for 10 minutes until translucent. Add **flour**, **salt** and **pepper** and stir for 1 minute. Add **fish stock** and bring to the boil. Add **cream** and bring back to the boil. Reduce heat to a simmer, stirring until slightly thickened. Remove pan from heat and puree **sauce** with a stick blender until smooth. Add **chopped parsley** and cool to room temperature.
- 3 To assemble **pie**, add diced **Mulloway** to the **leek cream**, stirring to combine. Place half the **Mulloway** mixture into a 22 cm x 5 cm deep square baking dish. Place a layer of **blanched silverbeet** over the top, followed by the remaining **Mulloway** mixture.
- 4 Brush the rims of the pie dish with **egg wash** and place a sheet of **puff pastry** over the top, allowing 1 cm of overhang on all sides. Using a fork, crimp the edges of the pie, score three air holes in the centre and brush the pastry top with **egg wash**.
- 5 Place pie on a baking tray and cook in preheated oven for 30 minutes or until the **pastry** is golden and puffed. Serve immediately.



|   |   |   |
|---|---|---|
|  |  |  |
| PREP TIME<br>15 min   | COOK TIME<br>45 min   | SERVES<br>4   |



# SAME DISH **NEW FISH**

---

Australian  
Salmon Tacos  
with Avocado Salsa  
and Grilled Corn

[samedishnewfish.sa.gov.au](http://samedishnewfish.sa.gov.au)

## Australian Salmon Tacos with Avocado Salsa and Grilled Corn

### Ingredients

800 g Australian Salmon, skinless fillet, cut into 12 pieces  
2 extra-large eggs, lightly beaten  
2 cups fresh breadcrumbs  
1 litre vegetable oil  
1 large corn cob, toasted in pan  
12 mini white corn tortillas  
1/2 cup coriander leaves, to serve  
Lime wedges, to serve  
Salt flakes and freshly ground black pepper

#### AVOCADO SALSA

2 avocados, finely chopped  
1 small red onion, finely chopped  
2 tbsp jalapeño chilli, finely chopped  
1 tbsp finely chopped coriander leaves  
2 tbsp olive oil  
1/2 tsp smoked paprika  
1 lime, juiced

#### CRÈME FRAICHE SAUCE

3/4 cup Crème Fraiche  
1/4 cup Greek yoghurt  
1 lime, juiced

### Method

- 1 For the salsa, combine all ingredients together in a bowl and set aside.
- 2 For the **crème fraiche sauce**, combine all ingredients together in a bowl and stir. Set aside.
- 3 Heat a chargrill pan over high heat and grill **corn cob** for up to 10 minutes, turning regularly until evenly charred. Remove **corn** from cob and place in a bowl for later. Using same dry pan, cook **tortillas** for 1 minute each side. Wrap **tortillas** loosely in foil to keep warm.
- 4 To prepare **Australian Salmon**, place **flour** in a shallow bowl and season well with **salt and pepper**. Place **beaten eggs** in a bowl and breadcrumbs on a plate. Dip each piece of **fish** in the **flour**, **eggs** and **breadcrumbs** and place on a tray.
- 5 Fill a medium saucepan a third full with **oil** and heat to 200°C. Cook crumbed **fish** in batches, turning halfway through until golden. Remove with a slotted spoon and drain on paper towel.
- 6 To serve, fill each **taco** with some **salsa**, **grilled corn** and a piece of **crumbed fish**. Drizzle with **crème fraiche sauce**, **coriander leaves** and a squeeze of **lime**.



|  |  |  |
|--|--|--|
| <br>PREP TIME<br>25 min | <br>COOK TIME<br>10 min | <br>SERVES<br>4 |
|--|--|--|



# SAME DISH **NEW FISH**

---

Spaghetti with  
Sardines, Fennel  
& Pangrattato

[samedishnewfish.sa.gov.au](http://samedishnewfish.sa.gov.au)

## Spaghetti with Sardines, Fennel & Pangrattato

### Ingredients

- 1/3 cup olive oil
- 1 cup fresh breadcrumbs
- 1 lemon, zested
- 1 medium fennel bulb, diced and fronds chopped
- 1 large red onions, diced
- 2 cloves garlic, sliced
- 1kg Sardines, filleted, boned and chopped
- 1/4 cup pine nuts, toasted
- 1/4 cup currants
- 8 threads of saffron
- 1 cup fish stock
- 1/2 cup flat leaf parsley, chopped
- 500 g pack dried spaghetti
- Salt flakes and freshly ground black pepper

### Method

- 1 For the **pangrattato**, heat 1 tbs **olive oil** in a frying pan over a medium-high heat. Add **breadcrumbs** and toast for up to 5 minutes until golden. Drain on absorbent paper and allow to cool. Mix **lemon zest** through **crumbs** and set aside.
- 2 Heat remaining **olive oil** in a large heavy-based frying pan over a medium heat. Add **fennel, onions** and **garlic** and cook for up to 10 minutes until just golden. Add chopped **Sardines** and cook for 1 – 2 minutes. Stir in **pine nuts, currants** and **saffron**. Add **stock** and season to taste. Combine well.
- 3 Meanwhile, bring a large pot of **water** to the boil, adding a good pinch of **salt**. Cook **pasta** following pack instructions, then drain. Return **pasta** to same pan, add **Sardine sauce, parsley** and half the chopped **fennel fronds**, tossing to combine. Season to taste.
- 4 To serve, sprinkle with reserved **pangrattato** and remaining **fennel fronds**.



|   |   |   |
|---|---|---|
|  |  |  |
| PREP TIME<br>15 min   | COOK TIME<br>25 min   | SERVES<br>4-6   |





# SAME DISH **NEW FISH**

Barbequed  
Australian  
Herring  
with Green Apple Slaw

[samedishnewfish.sa.gov.au](http://samedishnewfish.sa.gov.au)

# Barbequed Australian Herring with Green Apple Slaw

## Ingredients

- 2 stalks lemongrass
- 1 bunch coriander, stems chopped, leaves picked
- 1 thumb-sized piece of ginger, peeled
- 1 tablespoon fish sauce, plus 1 tablespoon extra
- 1 tablespoon olive oil, plus 1 tablespoon extra
- 1 lemon, juiced
- 8 x 80g Australian Herring (Tommy Ruff) fillets
- 1/4 wombok (Chinese cabbage), shredded
- 2 granny smith apples, julienned
- 1 carrot, finely grated or julienned
- 2 cups bean sprouts
- 1 bunch mint, leaves picked
- 1 tablespoon brown sugar

## Method

- 1 Combine **lemongrass**, **coriander stems** (reserve the **leaves**), **ginger**, 1 tablespoon **fish sauce**, 1 tablespoon **olive oil** and half the **lemon juice** in a small food processor and blitz until smooth. Rub **mixture** all over **Australian Herring**.
- 2 Stir together remaining **lemon juice**, remaining **fish sauce** and **brown sugar** in a separate bowl until **sugar** dissolves.
- 3 Combine the **wombok**, **apple**, **carrot**, **bean sprouts**, **mint leaves** and three quarters of the reserved **coriander leaves** in a large bowl. Pour over the **dressing** and gently toss.
- 4 Heat a barbecue over medium-high heat. Cook **fish** for a minute each side or until golden brown and just cooked through.
- 5 Divide **salad** between serving plates and top with **Australian Herring**. Garnish with remaining **coriander leaves**.



PREP TIME  
15 min



COOK TIME  
2 min



SERVES  
4





SAME DISH  
**NEW FISH**

Nannygai  
Yellow Curry

[samedishnewfish.sa.gov.au](http://samedishnewfish.sa.gov.au)

## Nannygai Yellow Curry

### Ingredients

- 1 brown onion
  - 4 cloves of garlic
  - 1 thumb-sized piece ginger, grated
  - 1 long red chilli
  - 4 coriander roots and stems, cleaned and finely sliced (reserve leaves for serving)
  - 1/4 teaspoon freshly ground white pepper
  - 2 tablespoons olive oil
  - 1 tablespoon fish sauce
  - 2 teaspoons ground turmeric
  - 1 tablespoon brown sugar
  - 400ml can coconut cream
  - 3 Kaffir lime leaves
  - 1 punnet cherry tomatoes, halved
  - 1 cup snow peas
  - 1 cup freshly diced pineapple
  - 2 x 200g Nannygai fillets, cut into bite sized chunks
- Rice and lime cheeks, to serve

### Method

- 1 Combine **onion, garlic, ginger, chilli, coriander roots and stems, white pepper** and **olive oil** in a food processor. Blitz until smooth. Add to a heavy based pan over high heat and cook, stirring regularly, for 5-10 minutes or until an even golden brown.
- 2 Add the **fish sauce, turmeric** and **brown sugar**, stir to dissolve, then add **coconut cream**. Add **tomatoes, broccoli** and **pineapple**. Cook for 3-4 minutes or until **tomato** softens, then add **Nannygai**. Cook a further two minutes or until **fish** has just cooked and is flaking apart. Add a little **water** at any stage if the **curry** is lacking moisture.
- 3 Serve curry with **rice, coriander leaves** and **lime cheeks**.



PREP TIME  
15 min



COOK TIME  
20 min



SERVES  
4



# SAME DISH **NEW FISH**

---

Yellowfin  
Whiting &  
Asparagus  
Risotto

[samedishnewfish.sa.gov.au](http://samedishnewfish.sa.gov.au)

## Yellowfin Whiting & Asparagus Risotto

### Ingredients

1.5L good quality fish or vegetable stock  
1 tablespoon olive oil, plus 2 tablespoons extra  
1 brown onion, finely diced  
5 sprigs thyme, leaves picked  
3 cloves of garlic, sliced  
1 lemon  
1 ½ cups arborio rice  
8 x 80g fillets Yellowfin Whiting  
2 bunches asparagus, woody ends snapped off, sliced into 2cm pieces, tips left whole  
1 bunch broccolini sliced into 2cm pieces  
½ cup frozen peas  
Small handful fresh dill, roughly chopped

### Method

- 1 Bring **stock** to the boil in a saucepan, set aside and keep warm
- 2 Fry **onion, thyme** and **garlic** in a large pot with one tablespoon **olive oil**, stirring, until translucent. Add rice and stir for 30 seconds to toast the **rice**. Zest the **lemon** and reserve. Add the **juice** to the pan, then add a ladleful of hot **stock** and bring to a simmer. Add more **stock** as required throughout the process to make sure the **rice** is just covered with liquid. Stir occasionally. The **risotto** will take about 16-18 minutes to cook, so if you run out of **stock** before this time use a little hot water.
- 3 Heat a second non-stick pan over high heat and add the remaining **olive oil**. Add **Yellowfin Whiting** and cook for 1-2 minutes, skin side down, until almost cooked through. Remove **fish** from pan and rest skin side up to finish warming through. Add **asparagus** and **broccolini** to the same pan and stir for two minutes or until **vegetables** are bright green and almost tender. Add the **frozen peas** and stir for a minute to defrost them. Remove from heat.
- 4 When the **rice** is al dente, stir in the **vegetables**. Stir through **dill**. Divide amongst bowls, top with **Yellowfin Whiting** to serve.



|   |   |   |
|---|---|---|
|  |  |  |
| PREP TIME<br>10 min   | COOK TIME<br>20 min   | SERVES<br>4   |



# SAME DISH **NEW FISH**

Whole Baked  
Leatherjacket  
with Soy and Ginger

[samedishnewfish.sa.gov.au](http://samedishnewfish.sa.gov.au)

---

## Whole Baked Leatherjacket with Soy and Ginger



### Ingredients

- 2 tablespoon kecap manis
- 2 tablespoons soy sauce
- 2 tablespoons mirin  
(substitute a sweet wine)
- 2 teaspoons finely grated ginger
- 1 teaspoon sesame oil
- 2 teaspoons Chinese five-spice
- 4 Leatherjacket, skin removed
- 5 spring onions, finely sliced  
on an angle
- 2 long red chillies, deseeded finely  
sliced
- 1/2 bunch coriander, leaves picked
- 1 tablespoon sesame seeds, to serve



### Method

- 1 Preheat oven to 190C. Combine **kecap manis**, **soy**, **mirin**, **ginger**, **sesame oil** and **five-spice** in a small bowl.
- 2 Place **Leatherjackets** into a baking tray then pour over **soy** and **ginger sauce**. Transfer to oven and cook for 12–15 minutes or until **fish** has just cooked through.
- 3 Serve topped with **spring onion**, **chilli**, **coriander** and **sesame seeds**.



PREP TIME  
5 min



COOK TIME  
15 min



SERVES  
4







SAME DISH  
**NEW FISH**

Sweep, Dill and  
Fennel Sliders

[samedishnewfish.sa.gov.au](http://samedishnewfish.sa.gov.au)

## Sweep, Dill and Fennel Sliders



### Ingredients

400g Sweep, skinless,  
boneless, roughly chopped

1 egg

Zest and juice of 1 lemon

1/2 bunch dill, leaves picked

2/3 cup panko breadcrumbs

3 spring onions, thinly sliced

1 green apple, thinly sliced

1/4 fennel, thinly sliced

1 cup thinly sliced red cabbage

1 tablespoon olive oil, plus

2 tablespoons extra

2 tablespoons seeded mustard

1/2 cup reduced-fat Greek yoghurt

6 brioche bread rolls,  
halved and toasted



### Method

- 1 Combine **Sweep, egg, lemon zest** and half the **dill** in a small food processor. Blitz until smooth. Transfer **mixture** to a large bowl and stir through **breadcrumbs**. Shape **mixture** into six **patties** using wet hands.
- 2 To make the **salad**, combine **spring onions, apple, fennel** and **red cabbage** in a large bowl. Drizzle with **lemon juice** and 1 tablespoon **oil**.
- 3 Combine **mustard, Greek yoghurt** and remaining **dill** in a small bowl.
- 4 Heat remaining 2 tablespoons **oil** in a large frying pan over medium-high heat. Cook **Sweep** patties for 1-2 minutes on each side or until golden brown and just cooked through.
- 5 Spoon **yoghurt sauce** over **bread rolls**. Top with **Sweep patties** and **fennel salad** then serve.



PREP TIME  
20 min



COOK TIME  
2 min



SERVES  
6



# SAME DISH **NEW FISH**

---

Yelloweye  
Mullet Pasta

[samedishnewfish.sa.gov.au](http://samedishnewfish.sa.gov.au)

## Yelloweye Mullet Pasta



### Ingredients

- 2 tablespoons olive oil, plus 2 tablespoons extra
- 2 shallots, finely chopped
- 1 long red chilli, thinly sliced
- 4 garlic cloves, thinly sliced
- 1 bunch basil, leaves picked, stems finely chopped
- 1 punnet cherry tomatoes, halved
- 1/2 kalamata olives, pitted
- 2 tablespoons capers
- 2 tablespoons red wine vinegar
- 400g tin diced tomatoes
- 400g dried pasta
- 4 Yelloweye Mullet, filleted



### Method

- 1 Bring a large saucepan of **water** to the boil. Meanwhile, heat 2 tablespoons **oil** in a large pan. Add **shallots, chilli, garlic, basil stems** (reserve leaves) and **cherry tomatoes**. Cook for 3-4 minutes or until **shallots** and **garlic** have softened. Stir in **olives** and **capers**, then pour in **vinegar** and **tinned tomatoes**. Reduce heat and simmer gently for 5-10 minutes or until reduced slightly.
- 2 Cook **pasta** in the large saucepan according to packet directions.
- 3 Heat remaining 2 tablespoons **oil** in a large non-stick frying pan. Add **Yelloweye Mullet**, skin side down. Cook for 1-2 minutes or until almost cooked all the way through. Flip onto a tray or plate – the residual heat will be enough to cook the **fish** through perfectly.
- 4 Reserve a cup of **pasta cooking water**. Drain **pasta** and add to **tomato sauce** along with enough of the **cooking water** to form a nice **sauce** consistency. Serve topped with **Yelloweye Mullet** and **basil leaves**.



PREP TIME  
5 min



COOK TIME  
15 min



SERVES  
4