Grilled Cone Bay Barramundi, Greek tomatoes, yoghurt feta sauce

Serves 4

4 x 200g Cone Bay Barramundi fillets with skin on

30 ml olive oil

Salt and pepper to taste

Begin by making several 5mm deep slashes into the skin of the barramundi. Pre-heat the barbecue flat plate to medium heat. Gently wipe the flat plate with the olive oil using a cotton cloth/rag. Season the barramundi fillets all over with the salt and pepper. Place, skin-side down and do not turn for several minutes. Using a metal spatula/fish turner gently scrape under to dislodge the skin from the plate. Keep cooking until the skin begins to shrink and becomes golden and crispy. Turn over and gently cook until the fish is firm, and the core temperature reaches 50°C then remove and serve with the tomatoes and dressing.

Greek-style tomatoes

2 cups mixed cherry tomatoes, halved

30ml olive oil

15 ml Chardonnay vinegar

1 small mild red chilli chopped fine

1 tbsp fresh oregano chopped fine

1 clove garlic crushed

Salt and pepper to taste

½ cup chopped parsley added later

Place the tomato halves, cut side up onto a small baking tray. Combine the remaining ingredients and spoon all over the tomatoes. Place onto a roasting rack in a hooded barbecue set on low heat (150°C). Heat for 10 minutes, or until the tomato flesh just starts to puff up a little. Remove and set aside.

Yoghurt and feta dressing

170g Greek yoghurt

100g soft and creamy feta

30g mayonnaise

1 clove garlic crushed

1 tbsp fresh dill

Place all the ingredients into a blender or small food processor. Blend until all combined and smooth and store in the fridge until needed.