



Ingredients

SEASONED FRIED GARFISH

- > 10 garfish fillets butterflied
- > 1 cup plain flour
- > Vegetable oil for frying
- > 2 teaspoon oregano
- > 1 teaspoon salt
- > Cracked pepper to taste
- > 3 small zucchini sliced
- > 125 grams feta cheese
- > Parsley flakes
- > Lemon wedges

SEASONED FRIED GARFISH

A light, fresh garfish snack sure to please!

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Garfish are one of the more delicately flavoured, and under utilised fish in our waters. They're also remarkably versatile to cook with.

Here's a light snack to share using garfish, topped with grilled zucchini and feta, that's sure to be a big hit in your household.

METHOD

In a freezer bag add the flour, oregano, salt and pepper and shake to combine. Cut the butterflied garfish fillets down the center and put in the flour mix, shaking to coat.

Add oil to a pan and when hot, shallow fry the coated fillets, a few at a time. Remove and drain on paper towel and continue until all fillets are cooked.

Meanwhile drizzle olive oil on the zucchini slices and grill on a barbecue until softened slightly and grill marks appear.

Serve the garfish fillets on a platter to share, topped with grilled zucchini slices,

crumbled feta and parsley flakes sprinkled over the top. Add a good squeeze of lemon and serve with lemon wedges for a different take on cooking these tasty fish. **FSM**

