

Garlic Butter Beans

Barramundi

Cook some rice. I use Basmati.

Blender Sauce:

Put fresh tomatoes in the blender and blend until you've got about 450 to 700ml. Adjust depending on how many you're feeding. I'm often cooking for seven.

In the blender, put the following:

- 2-4 x **Garlic Cloves**
- 1 x Bunch of **Basil**
- 1 x Bunch of **Parsley**
- 1-2 x Teaspoons of **Vegetable Stock** Powder
- Some Cracked **Pepper**
- 1-2 x Tablespoons of **Olive Oil**

Blend thoroughly.

Additional Ingredients:

- You'll also need a pound or two of **Barramundi**. I generally use five pieces, which is often around 900g in total. I'm often cooking for seven. So, adjust accordingly.
- 1-2 cans of beans. I use **Cannellini Beans**.
- 4-8 Tablespoons of **Butter**.

Cooking Method:

Do these two steps simultaneously:

1. Put the sauce in a large saucepan or wok. I use a flat-bottomed wok. Bring to boil, add 1-2 cans of beans. I use Cannellini Beans. Bring back to the boil, then simmer.
2. Fry the fish in a fair bit of butter until each side is a little brown. It doesn't need to be cooked through. Transfer the fish to a plate if you can't cook it all at once.

Then, put the browned fish and all the butter in the sauce and simmer until everything is cooked. Add more butter if needed. In total, you should use about 4-8 Tablespoons of butter. You can break all the fish up or leave it chunky. It's good either way.

Serve over the rice.