

# Fish with Olive Tapenade



**Seafood! Eat your way to better health  
with Omega-3**

**Master Fish Merchants' Association of Australia**

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Serves 4

- 4 fish fillet portions (e.g. Ling, Blue-eye Trevalla, Snapper, Kingfish, Mulloway, Flathead, Barramundi etc.)
- 2 lemons (one cut into wedges)

## Olive Tapenade

(alternatively purchase ready made tapenade from your supermarket)

- 20 kalamata olives, pitted
- 1 tablespoon capers
- 3-4 anchovies
- 1 tablespoon lemon juice
- 4 tablespoons olive oil
- Ground black pepper to taste

- Place olives, capers, anchovies, lemon juice, olive oil and black pepper into a food processor and blend to a paste (alternately, finely chop ingredients with a knife or use a mortar and pestle).
- Pan fry fish fillets on a medium high heat for 3-4 minutes each side, until just cooked.
- Serve fish on mashed potato with olive tapenade and a rocket salad.



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Healthy catchments and  
healthy oceans for sustainable,  
quality Australian seafood

