

Wine & Dine with Jeff


Pistachio Crusted Barramundi

Pistachio Crusted Barramundi pairing with
Pichon Claude Michel Chenin Blanc 2018



INGREDIENTS

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12 Oz of Barramundi 2 filets



 1/2 cup of crushed pistachios

 Zest of one lemon

 1 tablespoon of fresh lemon juice

 2 tablespoons of Parsley

 1 teaspoon of Dijon mustard

 3 tablespoons of Mayonnaise

 1 tablespoon of olive oil

 Salt and pepper to taste



DIRECTIONS

1. Preheat oven to 400 degrees
2. Combine dry ingredients crushed pistachios, parsley, lemon zest and salt.
3. Combine wet ingredients mayonnaise, dijon, lemon juice.
4. Spread olive oil on bottom of baking pan, place barramundi filets in pan and add salt and pepper. Spread mayonnaise mixture on top of the fish this will act as the glue to hold the pistachios. Then add the pistachio mix on top of the fish.
5. place in oven and bake for 12 to 15 minutes until fish flakes apart