

# One-pan barramundi with tomato and olives

- Dairy-free
- Egg-free
- Lactose-free
- Nut-free
- Peanut-free
- Sesame-free
- Soy-free
- Shellfish-free
- No added sugar
- High in Dietary Fibre
- High in Protein
- 3 serve Veg or Fruit

Full of flavour and fast to make with minimal washing up, this barramundi fillet recipe ticks all the boxes.

- Serves 4
- Cooktime 15 mins 15 minutes
- Preptime 5 mins

## Ingredients

- 4 Coles Fresh West Australian Barramundi Portions Skin On
- 400g can diced tomatoes with basil and garlic
- 140g pitted kalamata olives
- 400g can cannellini beans, rinsed, drained
- 8 slices Coles Bakery Stone Baked by Laurent White Sourdough Vienna\*

## Nutritional information

Per serve: Energy: 1894kJ/453 Cals (22%), Protein: 36g (72%), Fat: 13g (19%), Sat Fat: 3g (13%), Sodium: 1125mg (56%), Carb: 44g (14%), Sugar: 5g (6%), Dietary Fibre: 8g (27%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

# Method

## 1. Step 1

Heat a large non-stick frying pan over medium heat. Season barramundi and cook for 3 mins each side or until golden. Add the tomato, olives and beans to the pan and cook, covered, for 5 mins or until the barramundi is cooked through.

## 2. Step 2

Meanwhile, heat a chargrill on high. Lightly spray bread with olive oil spray and cook for 1-2 mins each side or until lightly charred and toasted.

## 3. Step 3

Divide the barramundi mixture and bread among serving plates. Season.