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Jarrett uses only the freshest of ingredients. His kitchen does not have a freezer as all vegetable, meat and seafood are cooked the same day they are brought in. Feel free to use and share his recipes and passion for cooking.

Today's Recipes



Cherry Tomato salad with slow roasted chunky chicken.



Lightly smoked salmon with a touch of lemon



Oyster Steak and potato with boiled thyme.

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Seafood

★★★★★

Snapper

★★★★★

Salmon

★★★★★

Prawns

★★★★★

Oysters

★★★★★

Lobster

★★★★★

Ahi Ahi

★★★★★

Mussels

About

Fishing cayenne bisque cayenne viens ci red beans & rice ca c'est bon merci beaucoup. Boudreaux sauce piquante etoufee yams crawfish po-boy.

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Lightly smoked Salmon and Lemon



★★★★★	RATE MEAL
Prep Time: 15mins Cook Time: 20mins Total: 35mins	Nutrition Facts
You may also like...	

INGREDIENTS

- 600g pkt frozen Birds Eye Deli Seasoned Chips
- Parmesan, Garlic & Basil
- 1 tablespoon Cobram Estate Extra Virgin Olive Oil
- Finely grated zest of 1 lemon
- 550g pkt Coles Atlantic salmon (4 pack)
- 350g stir-fry mix
- 2 tablespoons tartare sauce, to serve
- Lemon wedges, to serve

METHOD

Heat oven to 220°C or 200°C fan. Line an oven tray with baking paper. Place the chips in a single layer on the lined tray and cook for 20 mins or until golden and crunchy.

Meanwhile, combine the oil and lemon zest in a bowl. Brush over the salmon fillets. Cook in a large, non-stick frying pan over medium-high heat for 2 mins each side. Transfer to a plate and cover with foil to keep warm. Add the stir-fry mix to the frying pan and cook for 2 mins or until hot and wilted.

Divide the stir-fry among plates and top with the salmon. Serve with the chips, tartare sauce and lemon wedges.

COMMENTS

kwarrick

added this comment at 09:25pm Mon 24th March, 2014

This is so tasty! I couldn't be bothered with the potato so just scrunched up filo pastry and put that on top of the pie, it was delicious! It will become a family favourite! I loved the tarragon, I had not cooked with it before, its so yum!

wGatland

added this comment at 09:25pm Mon 24th March, 2014

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AD



Jarrett's

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