

VIBE ACTIVITIES

Healthy Recipe – Macadamia Nut Crusted Barramundi page 27

Shellie's barra recipe

HEALTHY
RECIPE

Macadamia-Nut Crusted Barramundi

There's nothing as good as catching your tucker, I reckon. With family in Borroloola and Katherine, Barramundi is a real favourite for all of us. Here's one of my favourite recipes. Serve it up with a big salad or some vegies.

Yamalu.

Shellie
Morris



Serves 4

INGREDIENTS

To make the crust:

- * 1/2 cup macadamia nuts
- * 1/2 cup dried breadcrumbs
- * 4 tablespoons softened butter
- * 1 tablespoon roughly chopped parsley

- * 4 x barramundi fillets
- * 1 tablespoon olive oil (or other healthy oil)

METHOD

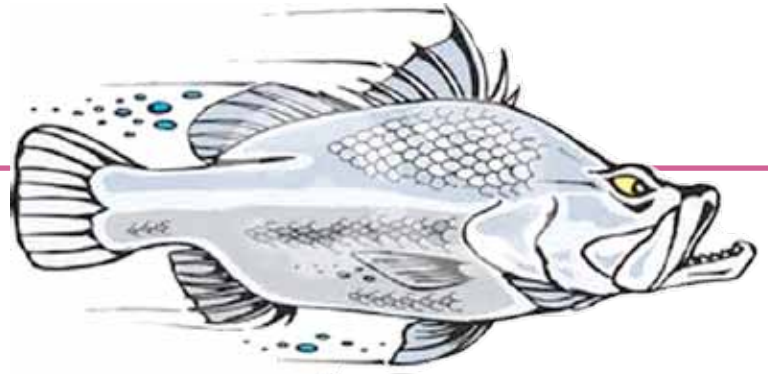
1. Pre-heat the oven to 200°C (if you're a kid, get mum, dad or a gran to help you).
2. Put the macadamias, breadcrumbs and some salt and pepper in a big bowl or food processor. Crush the macadamias until they are rough chunks. Add the butter and parsley and mix it all up.
3. Heat the oil in a big ovenproof (one with no plastic handle) frying pan.
4. Season the barra fillets with a little salt and pepper, then put them in the pan, skin-side up, and cook until light brown (about 2 minutes). Flip the fillets over and divide the crust evenly across all the fillets.
5. Transfer the frying pan to the oven. Bake for about 5 minutes or until the fish is just cooked through and the crust is a light, golden brown.
6. Serve it up with a big, fresh salad or some steamed vegies.

Love Shellie



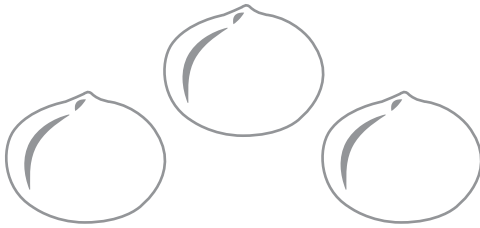
ISTOCK

Shellie Morris shares her recipe for delicious barramundi with macadamia nuts.



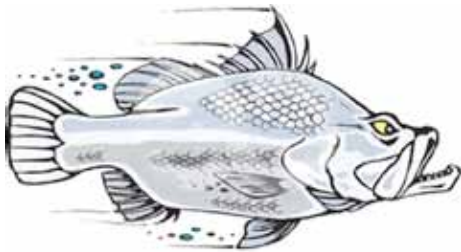
ACTIVITY 1 MACADAMIA NUTS

1 Colour in these macadamia nuts.



ACTIVITY 2 LABEL THE INGREDIENTS

1 Write in the words to match the pictures.



parsley

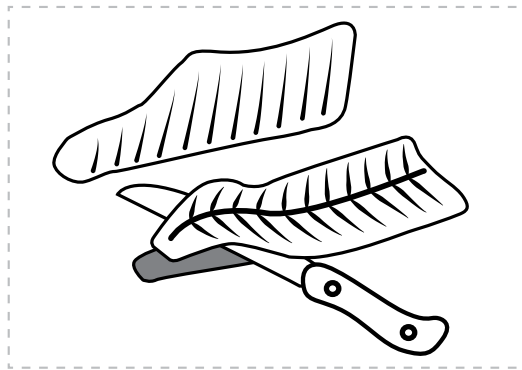
macadamia nut

barramundi

ACTIVITY 3

SEQUENCING

- 1** Cut out these pictures and glue them in the order that they happened.
Match them with their labels.
Colour in your pictures.



third

first

second

I cooked my fish.

I caught a fish.

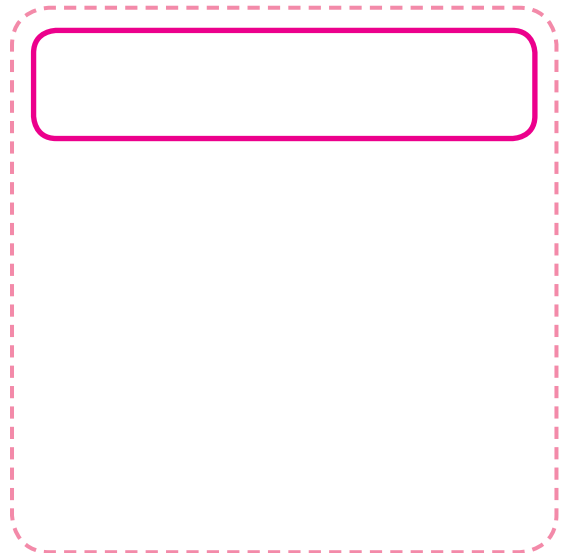
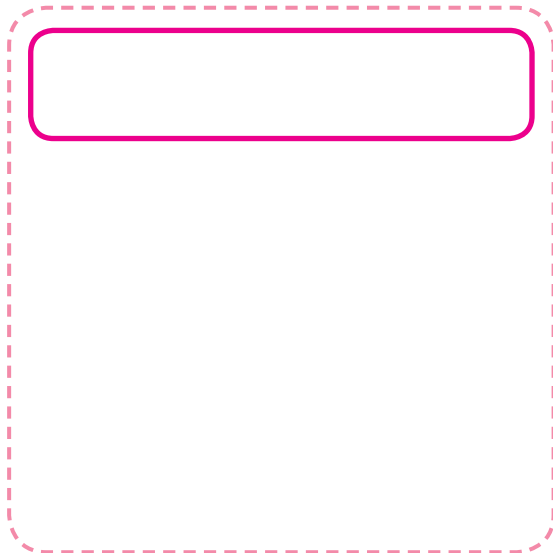
I filleted my fish.

- 2** Write a recount to tell how you caught and cooked your fish.

ACTIVITY 4

WORDS ENDING IN -SH

- 1** Make words using the ending sound and the letters around it.
Write the word and draw a picture for each.



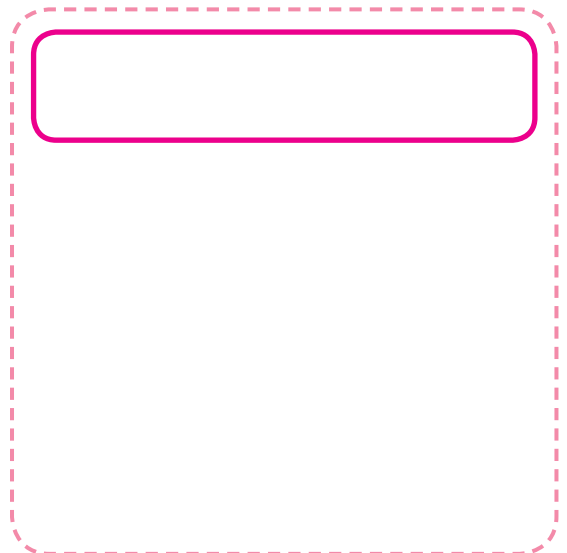
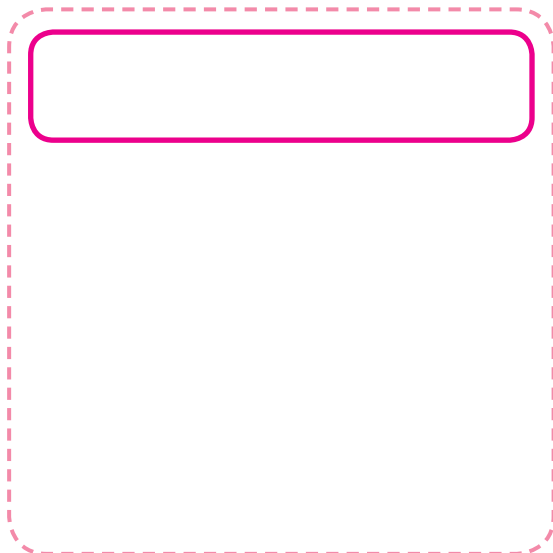
bru

cra

sh

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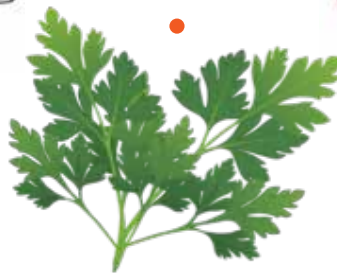
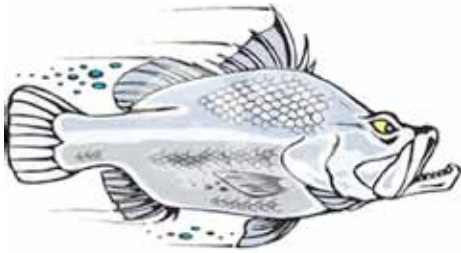
ACTIVITY 5

UNJUMBLE THE WORDS

macadamia nuts

barramundi

parsley



nrrbaamudid

yelarsp

aaaamcdmi sutn

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ACTIVITY 6

COLOUR THE COMMON NOUNS

fish	was	parsley
fishing rod	pond	cut
fry	macadamia nuts	catch
them	cook	of