

VIBE ACTIVITIES

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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

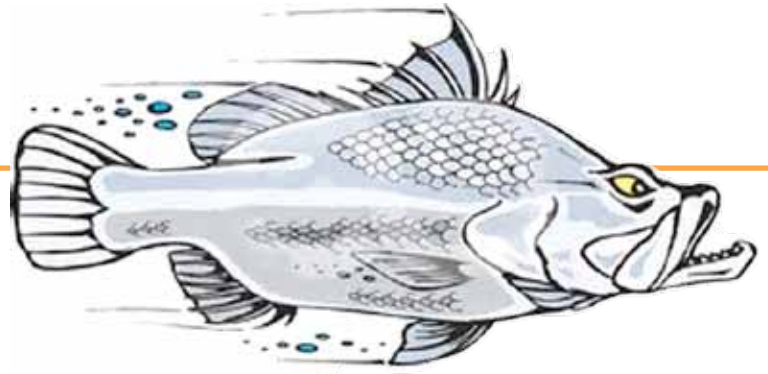
1. Pre-heat the oven to 200°C (if you're a kid, get mum, dad or a gran to help you).
2. Put the macadamias, breadcrumbs and some salt and pepper in a big bowl or food processor. Crush the macadamias until they are rough chunks. Add the butter and parsley and mix it all up.
3. Heat the oil in a big ovenproof (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

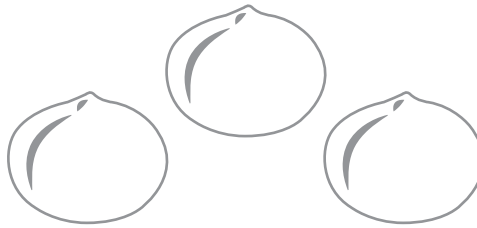
Shellie Morris shares her recipe for delicious barramundi with macadamia nuts.



ACTIVITY 1 MACADAMIA NUTS

1 Colour in these macadamia nuts.

How many?



ACTIVITY 2 LABEL THE INGREDIENTS

1 Write in the words to match the pictures.



parsley

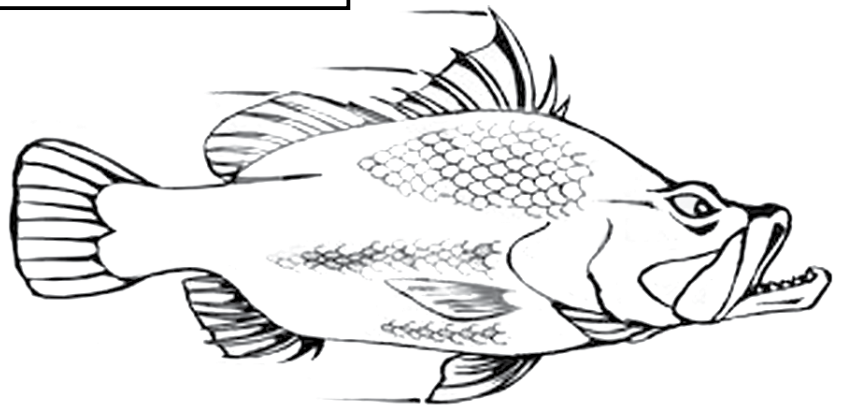
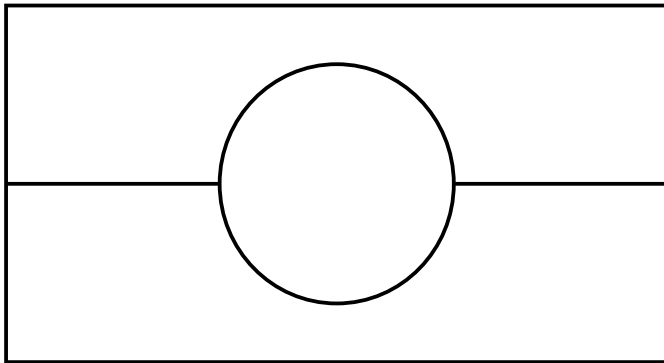
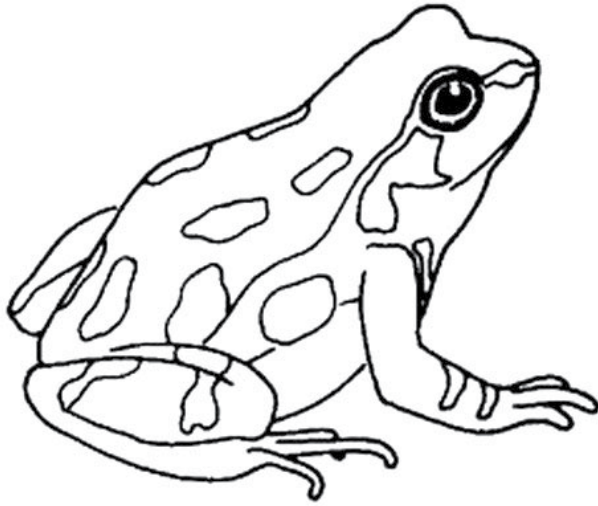
macadamia nut

barramundi

ACTIVITY 3

WHAT STARTS WITH F?

1 Colour the words and pictures that start with the letter **f**.



fish

frog

mouse

flag

ACTIVITY 4

WORDS ENDING IN -ISH

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

Blank writing area for the first word.

Blank writing area for the second word.



Blank writing area for the third word.

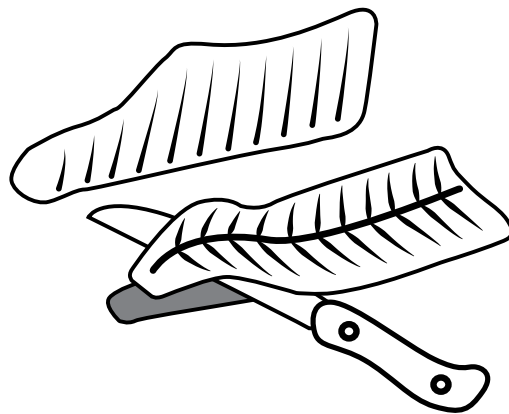
Blank writing area for the fourth word.

ACTIVITY 5

SEQUENCING

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

Colour in your pictures.



I cooked my fish.

I cleaned my fish.

I caught a fish.



first

third

second