

ONE PAN BARRAMUNDI ON LEMONY GREENS WITH DIJON SAUCE

SERVES 2 Easily doubled

I chop and stir the garnishes while the veggies and fish cook.

- Olive oil (no need for extra virgin here)
 - 1 large onion, sliced
 - Kosher salt and fresh ground pepper
 - 5 ounces mixed fresh greens (I used spinach and baby kale)
 - Crushed red pepper
 - 1 large lemon, sliced into wedges
 - 2 Barramundi fillets, 6-8 ounces each
 - Dijon sauce (recipe below)
 - 1/4 cup diced sweet pepper
 - 1 ounce crumbled goat cheese, optional
 - 1 cup cooked grains such as quinoa, barley, brown rice, or a mixture-optional
1. In a large, deep sauté pan (12-inches), heat 2 tablespoons olive oil over medium heat; add onion, season with pinch each of salt and cover, and cook about 10 minutes until tender. Stir several times.
 2. Toss in greens with a pinch of crushed red pepper and two wedges of lemon. Stir and let cook down a minute or so. Lay the fish fillets on top of the greens. Place one wedge of lemon on top of each fillet. Cover and cook 3 minutes. Turn fillets over, replace lemon, and cook another 2-3 minutes or until just opaque and flaky.
 3. Divide between two warm serving bowls and garnish with a generous drizzle of Dijon sauce down the center of the fish, followed by a little red pepper, and the crumbled goat cheese. Spoon ½ cup grains to one side of each serving if using.

DIJON SAUCE: In a small bowl, whisk together 2 tablespoons mayonnaise, 2 teaspoons Dijon-style mustard, about a tablespoon of fresh lemon juice, a pinch each of salt and pepper, and one good shake of hot sauce. Let sit a minute or two to marry flavors.