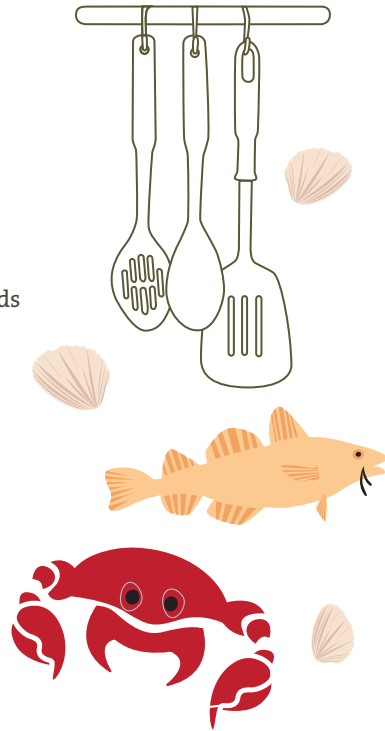


Barramundi with Spiced Carrots and Mint Yogurt

Makes 4 servings

INGREDIENTS:

- 1 lb. carrots, peeled and sliced into thin rounds
- 3 tbsp. olive oil
- Salt and black pepper, to taste
- 1 tsp. ground coriander
- 1 tsp. ground cumin
- 3 tablespoons fresh mint, minced
- 4 U.S. farmed barramundi fillets
- 2 tbsp. lemon juice
- 1 tsp. ground cinnamon
- 1 cup of plain yogurt
- 2 tbsp. honey



DIRECTIONS:

1. Preheat oven to 400 degrees. In separate bowl, toss carrots with 2 tbsp. olive oil, salt, pepper, coriander, cumin and 1 tablespoon of mint. Spread carrots in single layer on oiled pan and roast for 25-30 minutes, stirring halfway through. Cook the carrots until tender.
2. Brush fish with lemon juice and sprinkle with salt and pepper. Heat a tablespoon of oil in a sauté pan over medium high heat.
3. Once heated, carefully add the filets to pan. Cook until the fish becomes lightly brown, about 3 minutes and flip it over. Cook additional 3 minutes or until fish is firm and flaky.
4. In small bowl, stir 2 tablespoons mint, cinnamon, yogurt, & honey until well blended. Divide carrots & fish among 4 plates. Spoon mint yogurt over carrots.



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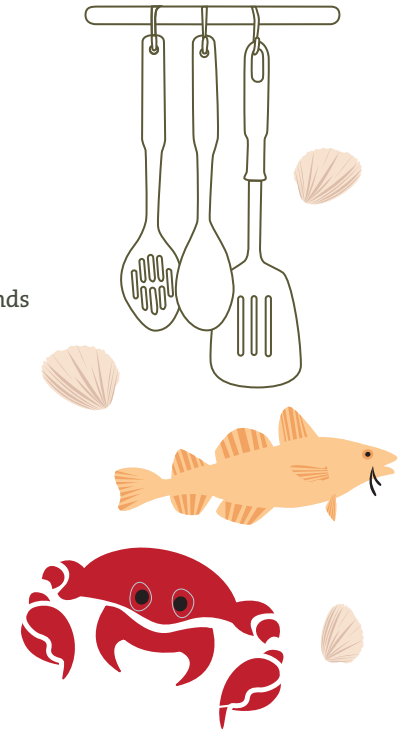


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