



NEWTRITION NEWYOU
FOOD · MIND · BODY

Barramundi in Brown Butter Lemon Garlic Sauce

Serves 2

Ingredients

Lemon Garlic Brown Butter Sauce

- 4 TBS unsalted butter, sliced into 1/4" pads (use [Clarified butter/Ghee](#) for Whole30 and Paleo)
- 4 cloves of [rested garlic](#), minced
- 3 tbsp of freshly squeezed lemon juice
- [Sherpa Pink Fine Himalayan Salt](#) (or [Kosher sea salt](#))
- [Finely ground organic white pepper](#) (you can use black pepper, but white pepper makes for a prettier presentation)
- Small bunch of fresh basil (you can use 3/4 tsp of dried basil, but fresh is preferable)

Fish

- 2 Barramundi Fillets (about 7 ounces each) or you can use any other white, flaky fish (e.g., red snapper, sea bream, cod, branzino, or sole)
- 2 tsp Primal Kitchen California Extra Virgin Avocado Oil
- 1 TBS unsalted butter (use Clarified butter/Ghee for Whole30 and Paleo)
- Sherpa Pink Fine Himalayan Salt (or Kosher sea salt)
- Organic garlic powder
- Freshly ground pepper

Directions

Lemon Garlic Brown Butter Sauce

1. Place the pads of butter in a [stainless steel saucepan](#) or [small stainless steel skillet](#) over medium heat.
2. Once the butter is melted, continue whisking until it smells nutty, about 3 minutes. First, the butter will sputter as water cooks out of it, then it will start to bubble, and then foam. Little brown bits will appear at the base of the pan, after which you'll smell the nuttiness. Remember, when browning butter, smell is the most important sign! THAT is your cue to take the butter off the stove and pour it into a bowl.
3. Stir in lemon juice, some chopped basil (reserve some for garnish) and a pinch of salt and pepper. Let it cool slightly then taste and adjust the lemon, salt and pepper to your taste.
4. Set aside and cook the fish. The butter sauce will stay liquid for about 20-30 minutes.

Fish

1. Pat dry the fish with paper towels and season with sea salt and pepper.
2. Heat the butter and avocado oil in a safe, [PFOA- and PFTE-free non-stick pan](#) on medium high heat until hot.
3. Place the fillets skin up for until browned, about 2-5 minutes, depending on the size and thickness of the fillets. Look for the edges to start getting golden and crispy
4. Flip the fillets and season the tops with salt, pepper, and, garlic powder. Cook until the skin gets crispy, about 3-5 minutes
5. Remove immediately onto serving plates
6. Drizzle each with about 1-2 tbsp of the brown butter lemon sauce, avoiding the dark specks settled at the bottom of the bowl).
5. Sprinkle with chopped, fresh basil and serve with lemon on the side.

