

Pan-fried John Dory fillet, roasted garlic butter, tomato confit, rainbow chard

Serves 4

Ingredients salad

4 x 180 g John Dory fillet skin on
300 g butter room temperature
1 whole Tasmanian purple garlic
2 spring thyme chopped
Salt

Tomato confit

200 g cherry tomato
200 ml olive oil blend
2 glove Tasmanian purple garlic
4 spring thyme
Salt

100g chard leaves roughly chopped

Method

For the roasted garlic butter, cut the top of the garlic off, season with salt, pepper, thyme and olive oil. Wrap in foil and bake for 35 to 40 min at 160 degrees until soft.

Press the cooked garlic in to a bowl and mash with a fork, add the soft butter and mix well, season with salt, set aside

For the tomato confit preheat the oven to 160 degrees. Place the whole cherry tomatoes in a single layer in a baking dish.

Sprinkle the smashed garlic, thyme around the cherry tomatoes.

Pour the olive oil on top of the tomatoes. Sprinkle on the salt.

Bake for 20-25 minutes, or until they begin to soften.

To prepare the John Dory fillet score the skin with a sharp knife, season with salt. Heat a heavy 10-inch non-stick or cast-iron skillet over high heat. When the pan is hot, add the oil. Place the fillets in the pan, skin side down, laying them down away from your body

Lower heat to medium and let sizzle until fish is golden and caramelized around edges, about 2 to 3 minutes. Carefully flip fillets and add garlic butter. Tilt pan slightly to let the melted butter pool at one end. Use a spoon to baste the fish with the pooled butter. Continue basting until golden all over and cooked through, 45 to 90 seconds more, depending on the thickness of your fish

Heat a small saucepan add olive oil, sauté the chard leave with sliced garlic until soft, season, place the chard in the middle of your plate.

Spoon the tomato on top and around the fish. Garnish with fresh herbs