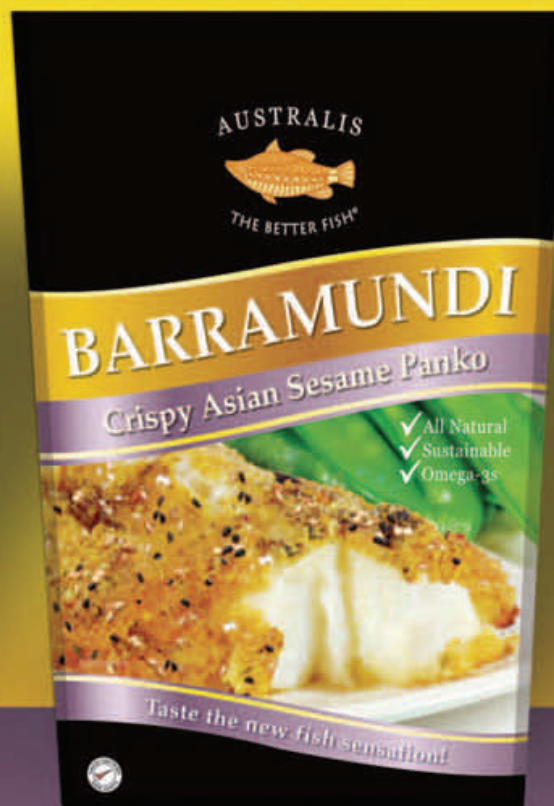


AUSTRALIS BARRAMUNDI

FROZEN RETAIL



Boost your seafood sales with the Better Fish®

Australis, the world leader in barramundi farming, is now pleased to offer frozen Barramundi fillets in two flavors—with Lemon Herb Butter sauce and Crispy Asian Sesame Panko style—for today's consumer, looking for something new.

Available in convenient 12 oz. pouches, these attractive consumer friendly bags help educate your customers about this delicious fish and encourage trial with their oven-to-table form. Naturally low in saturated fat and cholesterol, Barramundi is an excellent source of lean protein and provides Omega-3 fatty acids. Delicious, healthy and sustainably farmed, our hand-cut fillets and portions are laboratory tested to assure they are free of hormones, antibiotics, mercury and other contaminants, and are guaranteed to meet the FDA's strict import standards.



100% skinless and boneless

Share the excitement with your customers.

Culinary Alliances

P: 201-841-4796 * 718-614-6563

F: 888-323-7778

E: info@culinaryalliances.com

AUSTRALIS



THE BETTER FISH

BARRAMUNDI

Better Tasting

Experience Barramundi! Prized for its sweet buttery flavor and moist, delicate texture, barramundi is considered one of the world's finest eating fish. It's perfect with any white fish recipe. Savor the delicacy that Australians have loved for years!

Better For You

Australis Barramundi is ideal for a healthy lifestyle. Naturally low in fat and with beneficial omega-3's, these hand-cut fillets have no additives or preservatives. Individually sealed and flash frozen to lock in natural flavor and freshness.

Better For Our Environment

At Australis, we're passionate about preserving our earth and seas. That's why we pioneered sustainable practices to ensure that seafood will be enjoyed for generations to come. Join us in building a more sustainable future.

Our Commitment

I've devoted my life to sustainable seafood. Our Barramundi are carefully selected from pristine waters and laboratory-tested to ensure purity. That's how we fulfill our commitment to bring you the most delicious and healthiest seafood available anywhere. Enjoy the new culinary sensation that top chefs are raving about!



Cheers!

Josh Goldman
Josh Goldman
Founder, Australis



Cooking Instructions

All instructions are for thawed fillets taken out of the vacuum pack, rinsed and patted dry. Fillets are done when easily flaked.

Bake

Pre-heat oven to 400 degrees. Brush fillets with melted butter or oil and season to taste. Place in greased baking dish and bake for 10-15 minutes.

Grill

Pre-heat to medium high. Brush with melted butter or oil and season to taste. Grill for 3-4 minutes. Turn and cook 3-4 more minutes.

Broil

Pre-heat broiler. Brush with melted butter or oil, season to taste and place on greased broiler rack. Broil 4 inches from heat for 6-8 minutes.

TO THAW: For best results, thaw for 8-10 hours in a refrigerator. Quick Thaw: Submerge vacuum pack in cold water for 20 minutes. Once thawed, use within 2 days. Do not refreeze after thawing.

Keep frozen until ready to use.

Recipe

Simple Lemon Butter Barramundi (preferred cooking method)

Serves 4. Prep & cook times 5-10 minutes

- 2 Australis Barramundi fillets, cut in half
- 2 teaspoons olive or canola oil
- 2 tablespoons butter
- 1 clove garlic, minced
- 3 tablespoons fresh or bottled lemon juice
- 5 leaves minced fresh basil (or 1/4 tsp dry)
- Salt to taste

For the Sauce:

Gently sauté the garlic in butter for about 2 minutes. Stir in lemon juice and basil. Add salt to taste. Remove from heat.

For the Fish:

Coat fillets with olive or canola oil. Pan fry one side on high heat for 3 minutes. Flip and cook other side for 2-3 more minutes or until fish is cooked through. Transfer to serving dish and spoon sauce over fillets.

Serving Suggestions:

Serve on a bed of mashed potatoes or greens, and add chopped fresh tomatoes for color.



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Nutrition Facts

Serving Size: 3 oz (85g)
Servings Per Container:
Approximately 4

Calories 70
Calories from Fat 2

Amount Per Serving	% Daily Value*
Total Fat less than 1g	2%
Saturated Fat 0.2g	0%
Trans Fat 0g	0%
Cholesterol 40mg	13%
Sodium 30mg	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg

Amount Per Serving	% Daily Value*
Total Carbohydrate 0g	0%
Dietary Fiber 0g	
Sugars 0g	
Protein 40mg	13%
Vitamin A 1%	Vitamin C 0%
Calcium 1%	Iron 1%

	Calories: 2,000	2,500
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram		
Fat 9	Carbohydrates 4	Protein 4

Ingredients: Barramundi Fillets