

# Flathead

Two common species of Flathead are harvested from the Moreton Bay Region. Both species have identical dining qualities.

1. Dusky Flathead - *Platycephalus fuscus*
2. Bartail Flathead - *Platycephalus indicus*

**Flavour:** Distinct, mild flavour

**Texture:** Flakes easily, tender/firm white meat

**Oil Content:** Low to Medium

**Seasonality:** All year round

**Harvested from:** Moreton Bay

**Harvest method:** Tunnel netting

**Sustainability Credentials:** Fishery is assessed under the Australian Government's Environment Protection and Biodiversity Conservation Act 1999 (EPBC Act). In addition, the fishers have created their own Environmental Management System and Code of Practice.

## **Moreton Bay fishers work in harmony with the environment.**

Moreton Bay fishers have created and voluntarily implement their own Environmental Management System (EMS) and Code of Practice (CoP). This is a public document outlining their commitment to environmental best practice and continual improvement in their fishery.



MORETON BAY

**FRESH**

**FLATHEAD**



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# Parmesan-crusted Flathead

**Serves 4**

Alternative Species: Garfish, Tarwhine, Whiting.

## Ingredients

- 3/4 cup dried multi-grain breadcrumbs
- 1/4 cup finely grated parmesan cheese
- 1/4 cup low-fat natural yoghurt
- 720g flathead fillets
- 1 1/2 tablespoons olive oil
- 1/2 cup tartare sauce, coleslaw and lemon wedges, to serve

## Method

1. Combine breadcrumbs and parmesan cheese in a shallow dish. Place yoghurt into a separate bowl. Turn fish in yoghurt to coat. Dip into breadcrumbs, making sure fish is well coated.
2. Heat oil in a non-stick frying pan over medium heat. Cook fish, in batches, for 2 to 3 minutes each side or until golden and cooked through. Drain on paper towels. Serve with tartare sauce, coleslaw and lemon wedges.

