

Mullet

Sea Mullet are a plump silvery fish with excellent flavour. They have high oil content, and have a very fresh, distinct flavour. They are usually sold whole or as fillets.

Sea Mullet: *Mugil cephalus*

Flavour: Fresh distinct flavour

Texture: Flakes easily, medium/firm moist flesh

Oil Content: High

Seasonality: All year round, Peak season

May through September.

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 work with turtle monitoring and research programs on a regular basis, to assist with data collection and tagging in the region.



MORETON BAY

FRESH

MULLET



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- 1) If you haven't already, register your phone with the application store by clicking your 'app store' icon.
- 2) Open the Application store and search 'QR Code reader' any will be fine.
- 3) Accept terms and conditions and download. Once code reader is accessible on your phone, scan the codes to learn more about your seafood.

Barbecued Sea Mullet with smoked tomato and bocconcini salad

Serves 2

Ingredients

- 2 x 200g sea mullet fillets
- Handful baby rocket leaves
- 10 baby bocconcini
- 1/2 roasted capsicum
- 3 x smoked tomatoes (or sundried)

Dressing

- 2 tablespoons white balsamic vinegar
- 4 tablespoons extra virgin olive oil
- Salt
- Pepper

Method

1. Toss salad ingredients together. Season to taste.
2. Barbecue the mullet for 2 mins on each side at a medium-high heat.
3. Place salad on plate.
4. Top with fish.
5. Drizzle with dressing

