

Whitespotted Rabbitfish

The Rabbitfish, also known as Black Trevally or Happy moments, is a relatively unfamiliar species harvested in the Moreton Bay region. It is popular in Asian dishes with its fine texture and beautiful sweet taste.

Whitespotted Rabbitfish: *Siganus canaliculatus*

Flavour: Delicate, slightly sweet

Texture: Fine

Oil Content: Low to Medium

Seasonality: Readily available through the summer months.

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 Tunnel Netters have voluntarily implemented measures which ensure bycatch reduction. These include a live sorting tray to release unwanted and undersized species, and a By-catch reduction grid to hold larger species out of the tunnel; such as turtles, stingrays and sharks. Moreton Bay fishers also work with turtle monitoring and research programs on a regular basis, to assist with data collection and tagging in the region.



MORETON BAY

FRESH

WHITE SPOTTED
RABBIT FISH
(Black Trevally)



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Pan-fried Whitespotted Rabbitfish With Leeks

Serves 2

Ingredients

- 3 - 4 Medium Size (350g) White Spotted Rabbitfish
- 3 Stalks of Chinese Leeks, cut into diagonal sections
- 2 Slices of Ginger
- 1 Teaspoon of Minced Garlic
- 1 Teaspoon Chicken Stock Powder
- 80ml Hot Water

Method

1. Clean and rinse the fish, pat dry with kitchen paper towel and set aside.
2. Preheat a frying pan with 1 tablespoon of oil, pan-fry the fish on both side for about 3 minutes under medium heat or till slightly golden brown. Dish up.
3. Using the same pan add in ginger and minced garlic, sauté till fragrant before adding the sliced leeks.
4. Continue to stir-fry the leeks for another 2 – 3 minutes until soften add in 80ml of hot water and chicken stock powder to taste.
5. Place the cooked fish on top of the leeks and simmer for another 1 minute on medium low heat, carefully give it a quick stir in between to let the fish absorb the flavour from the leeks mixture.
6. When done dish up and serve with hot steamed rice.

