

COD FILLETS WITH A HERB CRUST



SERVES 4

PREPARATION 10 mins

COOKING 20 mins

Ingredients

A 30 minute recipe that transforms the humble cod into a flavoursome supper dish, thanks to a crunchy topping of fresh herbs and grated lemon zest. Serve with plenty of green vegetables and a green salad for a delicious healthy meal.

- 4 cod fillets
- 100g (3½oz) breadcrumbs
- 2 cloves garlic, crushed
- Finely grated zest 1 small lemon
- 1tbsp chopped fresh chives
- 1tbsp chopped fresh flat-leaf parsley
- 1tbsp chopped fresh basil
- 60g (2¼oz) butter, melted
- 1 lemon, quartered, to serve



Method

Heat oven to 220°C (gas mark 7). Place the cod on a large greased baking tray and season with salt and freshly ground black pepper.

Combine the breadcrumbs, garlic, lemon zest and herbs, and season well. Pour in the butter and mix with a large fork or your fingers, until combined. Cover the fillets with the crumbs, pressing down on each.

Transfer to the oven and roast for about 20 minutes, or until the crust is golden. Serve with a green salad.

Top tips

This dish works well with any meaty white fish fillets. Try with pollock, haddock, hake, halibut or snapper fillets.

