



PARMESAN GARLIC CRUMBED FISH

INGREDIENTS

- 2 x 200 g skinless white fish fillets
- 2 teaspoons horseradish sauce
- olive oil spray
- salt and pepper
- Crumb:**
- 50 g fine breadcrumbs
- 1 tablespoon parsley,
- finely chopped
- 2 tablespoons Parmesan, grated
- 1 garlic clove, minced
- 1 tablespoon olive oil
- 1 tablespoon lemon zest

METHOD

1. Preheat the oven grill to 180°C.
2. Combine the crumb ingredients and place in the fridge for 10 minutes.
3. Season each fillet with salt and pepper then spread the horseradish on the top of each fillet.
4. Press the crumb mixture onto the top of each fillet until it forms a firm topping.
5. Place the fillets on a non-stick oven tray and place in the oven for 15 to 20 minutes or until fish is cooked and topping is golden.

A low-fat, high-protein meal ✓

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PREP TIME 11min
COOK TIME 25min
⌚ **TOTAL** 36min
SERVES 2