

Herb Crusted Cod Fillets

Serves 4

An update to the classic Friday fish supper dish with this easy, tasty cod recipe that incorporates crunchy breadcrumbs, zesty lemon and fresh parsley for a flavourful dish. Serve it up with buttered new potatoes and some blanched tender-stem broccoli, or even a green salad.

Ingredients

4 x 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

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.

To Serve

Place one of each fillet onto the plate with some new potatoes and broccoli.

(This dish also works well with any meaty white fish fillets. Try with Haddock, or Whiting)

Enjoy!

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