



Lemon Fish with Parmesan Crust

Prep Time 10 minutes
Cooking Time 10 minutes
Serves 2

Ingredients

- 2 x 180 gram Lemon fish fillets
- 2T Dijon mustard
- Spray oil
- Salt & pepper
- 1/2C Panko breadcrumbs
- 1T finely chopped parsley
- 1/3C grated parmesan (powder)
- 1 garlic clove, minced
- 1T Olive oil
- 1/2t salt

Method

- Turn grill on oven to high
 - In a bowl mix panko crumbs, parsley, parmesan garlic and oil
 - Season the fish fillets and to one side spread (like butter) the mustard.
 - Press the side of the fillet with the mustard into the crumb mixture.
 - Preheat an oven proof fry pan until hot and lightly spray with oil
 - Place the crumb side down into the pan then place under the grill in the oven.
 - Grill about 15cm from heat source until cooked (3-4 minutes)
 - Serve with salad or vegetables
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- You can also bake in the oven at 200°C, spray the crumb with the oil spray and bake for 10-15 minutes.