

Parmesan Garlic crumbed Fish

Meal type: Fish

Servings: 2

Total time: 35 minutes

Ingredients

2 x 200g skinless white fish fillets
2 TSP horseradish sauce
olive oil spray
salt and pepper

Crumb top layer

50g fine breadcrumbs
1 TBSP parsley, finely chopped
2 TBSPs parmesan (grated)
1 garlic clove, minced
1 TBSP olive oil
1 TBSP lemon zest

Instructions

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.

Notes: A low fat, high protein meal