

Breaded Fish

Try making this easy, quick and healthy baked fish instead of buying battered fish. Serve with Roasted Lemon and Herb Potato Wedges (recipe available on our website) for a home-made alternative to take-away Fish and Chips.



Fish, milk, soya and wheat (gluten)*

Nutritional information per portion (149g):

Energy	Fat	Saturates	Sugars	Salt
811kJ 193kcal 10%	5.9g 8%	1.2g 6%	0.7g 1%	1.3g 22%

of an adult's reference intake.
Typical values per 100g: energy 544kJ/130kcal.

Equipment

Small saucepan
Pan stand
Baking tray with raised edges
Pastry brush
Chopping board
Sharp knife
Lemon squeezer
Food processor
Medium mixing bowl
Oven gloves
Fork
Fish slice

Ingredients

Serves 4
25g unsaturated fat spread
1 lemon
75g wholemeal bread (approx. 2–3 medium slices)
Small bunch (10g) parsley
Ground black pepper (optional)
4 fillets white fish e.g. haddock, cod, pollock (approx. 600g)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Slightly stale bread is better for making into breadcrumbs, as it is drier.
- If you only have fresh bread, lightly toast it, leave it to cool and then process into breadcrumbs.
- Use fish that is sustainably sourced.
- Press the breadcrumb mixture down firmly over the top and sides of the fish. The lemon and spread will help it to stick.

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Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Melt the spread in the saucepan and turn off the heat. Grease the baking tray using the pastry brush.
3. Cut the lemon in half and squeeze the juice from one half. Add the juice to the melted spread in the saucepan. Slice the other half into 4 wedges and save for later.
4. Break the bread into pieces and put into the food processor. Wash the parsley and remove the stalks. Save a few sprigs to serve with the fish at step 8. Add the rest of the parsley to the bread and whizz in the food processor until breadcrumbs are formed.
5. Pour the breadcrumbs into the mixing bowl. Stir in the lemon juice and melted spread mix and add black pepper to taste (if using).
6. Arrange the pieces of fish on the greased baking tray and press the crumbs all over the top and sides of the fish. Wash your hands after touching the raw fish.
7. Bake in the centre of the oven for 20 minutes or until the crumbs are golden and the fish is white and flakes easily with a fork.
8. Remove from the tray using a fish slice and serve with the reserved lemon wedges and garnish with the parsley sprigs.

Something to try next time

- Try making this recipe with different types of oily fish such as salmon or mackerel.
- Add 1 x 15ml spoon of grated mature reduced-fat Cheddar or Parmesan cheese at step 5.
- Grate the zest from half the lemon and add to the breadcrumbs.

Prepare now, eat later

- Make the breadcrumbs and store in a plastic bag or box for up to 2 days or freeze for up to 1 month. Add the other ingredients just before preparing the fish.
- The fish is best eaten as soon as it is cooked.

Skills used include:

Weighing, chopping, squeezing, blending, mixing/combining and baking.