

Lemon, herb & Parmesan crusted fish

Good Food team

Serves 4

Easy

Cook: 30 mins

Give white fish a lift with tangy lemon, herbs & Parmesan



Alternatives



Lemon drizzle cake

★★★★★
3033 ratings



Chicken arrabbiata stev

★★★★★ 482 rating



Confit salmon with

★★★★★ 6 ratings



Ingredients

50g breadcrumb

grated zest of 1 lemon

25g
grated parmesan

2 tbsp chopped parsley

salt
and pepper

4 skinless fillets of firm white fish

50g
butter

juice of 1 lemon

Method

Step 1

Mix the breadcrumbs with the grated lemon zest, grated Parmesan, chopped parsley, salt and pepper.

Step 2

Season the 4 skinless fish fillets. Pan fry in a little oil for 2-3 minutes until just tender. Turn over and sprinkle with the crumb mixture. Brown in the pan under a hot preheated grill for 2-3 minutes. Add the butter to the pan with the juice of 1 lemon. Melt around the fish and serve.