



## Lemon, herb & Parmesan crusted fish



Cook: 30 mins



Easy



Serves 4



### 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.