

Herb-crusted fish



With the tenderness of fish fillets and a topping of zesty, crunchy breadcrumbs – the freshness of this dish brings summer to your taste buds all year round.

Ingredients:

- 4 slices Bürgen® Wholegrains and Oats Bread
- Chopped Herbs: Flat-leaf parsley and chives
- Lemon zest
- 2 tbsp olive oil
- Pepper, to taste
- 4 fish fillets (dory or bream)
- Lemon wedges, to serve

Preparation:

Preparation time: 20 minutes; Serves 4.

1. Pre-heat oven to 220°C. In food processor combine bread, parsley and chives until they make a fine breadcrumb. Add lemon zest, olive oil and pepper to taste.
2. Place fish fillets onto a lightly greased oven tray and evenly coat the fish with the breadcrumb mixture.
3. Bake for 10-15 minutes or until fish is cooked through and crust is golden brown. Serve with lemon wedges and salad.

- With **Omega 3** fats found in fish to help maintain a healthy heart.

Nutrition information per serve

Energy	1025 kJ
Protein	24.9 g
Fat	9.3 g
Saturated Fat	0.9 g
Omega 3	0.2 g
Carbohydrate	14.2 g
Sugars	1.9 g
Fibre	1.9 g
Sodium	259 mg