

## Nutracheck Recipe

### Fish with Crispy Topping

**Serves: 1**

**151** kcals

**2.7** g fat

per serving



#### INGREDIENTS

125g white fish (for example cod or plaice) fillet  
1 tbsp. breadcrumbs  
1 tbsp parsley  
A sprinkle of lemon peel  
¼ tbsp lemon juice  
½ tsp.oil  
Pepper

#### Cooking Instructions:

1. Preheat oven to gas mark 6 or 200 °c.
2. Place the cod piece on a baking sheet, season with black pepper.
3. Put the breadcrumbs, chopped parsley, & lemon peel into a basin & mix well. Stir in the lemon juice & oil. Season with pepper.
4. Carefully spoon the breadcrumb mixture on top of the cod fillets, pressing it down well so that it stays in place.
5. Bake for about 12 minutes, until the top is golden & the fish cooked. Serve immediately, with chips and salad.