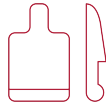




Cheese and Herb Crusted Fish with Pear and Spinach Salad



DIFFICULTY: EASY



PREPARATION TIME: 20
MINUTES



COOKING TIME: 15 MINUTES



SERVES: 4

Ingredients

Fish

1 1/2 cups coarse sourdough breadcrumbs
2 tablespoons flat leaf parsley, roughly chopped
1 tablespoon chopped oregano
Grated rind of 1/2 lemon
1/4 cup grated tasty cheese
1/4 cup shredded Parmesan cheese
30g butter, melted
Salt and freshly ground black pepper
4 x 150g-180g thick ling fillets, or other thick white fish portions

Salad

100g baby spinach leaves
1 large William pear, core removed, sliced
1/2 cup toasted walnuts
1/4 cup shaved Parmesan
Balsamic Glaze, for drizzling

Notes

Method

Preheat the oven on CircoTherm® to 180°C.

Combine in a bowl the sourdough, herbs, lemon, cheese, butter and salt and pepper.

Pat the fish dry with paper towel and place onto a paper lined universal tray then spoon the crumb mixture evenly over each piece of fish.

Bake for 15 minutes or until fish is cooked though and crumbs are golden.

Meanwhile arrange the spinach leaves, pear, walnuts and Parmesan on a serving platter then drizzle with the balsamic glaze.

Place the fish onto serving plates and serve with the Pear and Spinach Salad