

Pesto Crushed Pollack

Serves 2

2 x 115-170g (4-6oz) thick pollack or coley fillet, skinned

2 x 15ml spoon (2 tablespoons) prepared pesto sauce

3 x 15ml spoon (3 tablespoons) fresh breadcrumbs

1 x 15ml spoon (1 tablespoon) lemon juice

30g (1oz) cheese, grated salt and pepper



Preheat the oven to 200°C/400°F, Gas Mark 6

- 1 In a small bowl mix the pesto, breadcrumbs, lemon juice and cheese together.
- 2 Season the fish and spread with the pesto mixture. Spread any remaining mixture around the fish.
- 3 Place on a baking sheet and cook for 20-25 minutes.
- 4 Serve with new potatoes and baby vegetables.