



FIT FAST
COOK

HOMEMADE IS HEALTHY

Crispy Parmesan Cod



Serves	Prep Time	Cooking	Total Time	Calories
2 people				467 kcal

Stuff that's in it:

- For The Cod:
 - 40G Parmesan Cheese Shavings
 - 30G Plain Flour
- 2 Skinless And Boneless Loin Of Cod/Haddock
 - 1 Large Egg
 - Salt And Pepper
 - 1 Tbsp Oil
 -
- For The Mediterranean Crush:
 - Xxx Xxx (Xxx)
 - 120G Red Pepper (Diced)
 - 10G Fresh Basil (Torn)
 - 2 Clove Garlic (Peeled Left Whole)
- 80G Baby Plum Tomatoes (Sliced In Half)
 - 1 Tbsp Olive Oil
 - 80G Red Onion (Sliced)
 - 5G Garlic Paste

- Sprinkle Of Italian Mixed Herbs
- Hand Full Of Kale
- Salt
- Squirt Of Oil

What you do:

Pre heat your oven to 180°C, add the crush ingredients to a baking dish and drizzle with oil, bake for around 25 minutes until soft and shiny and stir through.

Pour thé flour onto a plate, add salt and pepper, whisk the egg and pour onto another plate and pour the parmesan onto a third plate.

Pat dry each fish fillet, roll in the flour, dip in the egg and then cover completely in parmesan. Get a pan nice and hot, add the oil then pan fry the fillets for around 4-5 mins each side until cooked through and crispy.

Add the kale with a squirt of oil and salt to the oven for 4 minutes and serve with the fish and the crush.

Nutrition

- Carbs: 25g
- Fat: 24g
- Protein: 39g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

www.fitfastcook.com