

Baked Pollock with a Cheddar & Herb Crust



Serves 4 **Prep 5 mins**

Cooking 15 mins

Easy

Ingredients

4 pollock fillets, line-caught, each weighing 225g

75g of white breadcrumbs

50g of cheddar, finely grated

4 tbsp of parsley, chopped

1 tbsp of chives, chopped

25g of butter, melted

Cornish sea salt to season

black pepper, freshly ground, to season

olive oil

1. Preheat the oven to 220°C/gas mark 7. Season the pollock with salt and pepper on both sides and lay skin-side down on a well-oiled baking tray
2. Put the breadcrumbs, cheese, parsley & chives into a bowl. Add salt and pepper to taste. Add the melted butter and mix well with a fork. Divide the mixture between the fillets and press on top of each piece in a thick, even layer
3. Drizzle over a little olive oil and bake for 10—15 minutes (8 minutes per inch of fish thickness) or until the crust is crisp and lightly golden and the fish is cooked through
4. Lift onto warm plates and serve