

Crumbed Fish with Lime & Herb Crust



Serves 2 Prep 10 mins Cooking 15 mins Easy

Ingredients

4 fillets of fish, cod, bream or plaice
2 tbsp parsley
2 tbsp tarragon
6 tbsp fine fresh white breadcrumbs (or fine panko breadcrumbs)
Zest of 2 limes
1 tbsp olive oil

1. Check 4 large fillets of fish carefully for fine bones & remove them with tweezers. Finely chop 4 tbsp of fresh herbs (parsley & tarragon) & mix with 6 tbsp of fine, fresh, white breadcrumbs. Finely grate the zest of 2 limes & add to the herbs & crumbs.
2. Scatter the crumbs on a large plate. Press the fillets of fish down & press firmly into the crumbs so they stick to the fish. Turn the fish over & press to coat the other side.
3. Melt 30g butter in a shallow pan over moderate heat, add 1 tbsp of olive oil & when bubbles appear around the edge, carefully lower in 2 of the fillets of fish, & let them cook for 5 - 6 mins, spooning the lightly bubbling butter over them as they cook. Carefully check the underside: if the crumbs are golden, turn with a palette knife / fish slice & cook the other side. The fish is done when the crumbs are gold & the flesh is, bright white in colour. It should be firm to the touch.
4. Lift the fillets from the pan and keep warm while you cook the remaining 2.
5. Cod, bream, plaice or haddock is suitable here. Check that your fish is sustainably sourced. The thinner the fillet, the less time it will take to cook, so start checking at 4 or 5 minutes before turning.
6. Try not to overcrowd the pan, it makes the fish difficult to turn. Better to cook each serving separately.