

Haddock Goujons with Parmesan Crust & Pea Pesto



Serves 4

Prep 15 mins

Cooking 30 mins

Easy

Ingredients

75g fresh white breadcrumbs
1tsp ground black peppercorns
1 lemon, zested, 1/2 wedged to serve
25g parmesan, finely grated
2 tbsp black sesame seeds
4 skinless haddock fillets (cod or pollock) cut into 1cm-thick fingers

Pea pesto

150g frozen peas, defrosted
50g of basil or mint leaves
50g almonds (flaked will do)
100ml olive oil
40g parmesan, finely grated
1/2 lemon, juiced

1. Mix the breadcrumbs with the black pepper, lemon zest, parmesan and sesame seeds. Season the fish then coat a few pieces at a time in the flour, followed by the beaten egg and the breadcrumb mixture. Chill
2. Meanwhile, put the peas and almonds, basil (or mint) and almonds into a small food processor and pulse until broken down. Drizzle in the olive oil with the motor running until you have a somewhat smooth sauce with a little texture remaining. Tip into a bowl and stir in the parmesan. Season and add the lemon juice.
3. Fill the pan no more than 1/3 full with oil and heat until it reaches 180C or a piece of bread browns in 30 seconds. Cook the goujons, in batches, for 2-3 mins or until golden and crisp. Drain on kitchen paper and sprinkle with sea salt flakes. Serve with the pesto and the lemon wedges.