

Herb & Walnut Crumbed Fish & Pickled Red Cabbage



Serves 2 Prep 30 mins

Cooking 15 mins

Easy

Ingredients

60g of walnut pieces
1 tsp of dried oregano
1 tsp of dried thyme
40g of fine wholemeal breadcrumbs
2 x 175g skinless white fish fillets (cod or haddock)
4 tbsp of extra-virgin olive oil, + extra for drizzling
160g of frozen peas, defrosted
50g of salad leaves
Sea salt & freshly ground black pepper

For the pickled cabbage

160g of red cabbage (\pm 1/2),
very thinly sliced
3 tbsp of white wine vinegar
1 tsp of fennel seeds
1 tbsp of honey or sugar
50ml of boiling water

1. Preheat the oven to 200°C/180°C fan/gas 6
2. Put the cabbage in a large bowl. Mix the vinegar with the fennel seeds and honey or sugar and season. Add the boiling water, pour the mixture over the cabbage and toss to combine. Set aside for 30 minutes
3. Finely chop most of the walnuts with the dried herbs and breadcrumbs and season.
4. Put the fish on a baking tray and press the crumb over the top to coat, drizzle with the oil and bake in the oven for 10-12 minutes, until the crumb is golden and the fish is just cooked and opaque.
5. Set the peas and lettuce on two plates, top with the cabbage and fish. Scatter with the remaining walnuts and drizzle with oil.

