

Parmesan Crusted Cod



Serves 4 Prep 5 mins

Cooking 20 mins

Easy

Ingredients

700g baby new potatoes, sliced
250g tenderstem broccoli, trimmed
250g asparagus, trimmed and halved
2 tsp olive oil
60g fresh white breadcrumbs
grated zest of 1/2 lemon, + wedges to serve
2 tbsp finely grated parmesan
1½ tbsp olive oil
60g half-fat crème fraîche
4 x 125g cod loin fillets

1. Preheat oven to 220C/ 200C Fan/ Gas 7. Put the potatoes, broccoli and asparagus onto a large baking tray and grease with a tsp of vegetable oil. Season, then roast for 5 mins.
2. Combine the breadcrumbs, lemon zest, parmesan and oil in a small bowl and set aside. Spread 1/2 tsp of the crème fraîche over each cod fillet, then scatter over the breadcrumbs mixture. Put the fish, crumb-side up on the baking tray with the vegetables and roast for a further 20 mins, until the fish is cooked through, the vegetables are tender and the crumb topping is golden.
3. Serve the fish and vegetables with the lemon wedges on the side.