

Crunchy Coated Salmon

This is a quick and tasty way of serving any fish although salmon works well. Choose wild Pacific or farmed organic salmon where possible. Look at www.fishonline.org to see which fish stocks are sustainable.

Serve with steamed vegetables.

For 4 people you will need:

4 salmon fillets
Finely grated rind of 1 lemon
Handful fresh parsley
50 g strong cheddar
2 thick slices wholemeal bread
Lemon wedges
Freshly ground black pepper
Olive oil

1. Heat the oven to 200 C/Gas mark 6.
2. Rub a little olive oil over a baking sheet and place the salmon fillets on it, skin side down.
3. Place the bread, cheese, parsley and lemon rind in a food processor and whizz up for a few seconds until the bread becomes crumbs.
4. Drizzle in a little olive oil and whizz again for a few more seconds until the mix resembles a crumble mix. Season with black pepper.
5. Divide the mix between the salmon pieces and spread and pat down gently to form a layer covering the whole salmon.
6. Bake in the oven for 15-20 min until the salmon is cooked and the coating crisp.
7. Serve with lemon wedges and steamed vegetables.