

Jason Pettit – Capital Radio Recipe

Baked Herb Crusted Fish Fillets

Super healthy white fish fillets topped with a fresh herb & brioche crumb.

This super easy recipe is ready in less than 25 minutes and is perfect for Ramadan!

Ingredients – serves 4 people

4 each	white fish fillets (skin on)
1 cup	brioche breadcrumbs
1 Tbsp	fresh basil
1 Tbsp	fresh parsley
1 Tbsp	spring onion
1 each	lemon
¼ cup	olive oil
	<i>salt & black pepper to taste</i>

6 Tbsp	butter
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	<i><u>serving suggestion</u></i>
2 pkts	baby spinach leaves
1 clove	garlic (finely grated)
1 Tbsp	olive oil
	<i>salt & black pepper to taste</i>

Method

Place brioche crumbs into a mixing bowl. Finely chop the basil, parsley and spring onion and add to the crumbs. Zest the lemon and add to the crumb mix (at least half of the lemon). Lightly season with salt and black pepper to taste. Add the olive oil and mix together.

Score the skin of the fish lightly 3 or 4 times.



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Place a circle of baking paper inside an oven proof frying pan then place the fish fillets onto it allowing a 1inch gap between fillets.
Divide the crumb topping between the fillets and press firmly to ensure an even coating is achieved.

Place into an oven that is pre-heated to 220°C for approx. 8 – 10 minutes or until just cooked through and colouring on the crumb topping.

Whilst the fish is baking, pick through the spinach leaves to remove any bruised or discoloured leaves.
Wash and drain thoroughly.
Toss together with the olive oil and finely grated garlic and lightly season.

Heat a non-stick sauté pan over a medium/high heat.
Add the seasoned spinach and toss the pan to ensure the spinach wilts evenly.
Once wilted fully, set aside.

Remove the fish from the oven.
Divide the wilted spinach between serving plates.
Carefully place a fish fillet onto each plate of spinach.
Drain any fish juices on the baking paper into the pan and place onto a high heat.
Add the butter and allow to melt and 'foam'.
Swirl the pan gently as it foams and begins to brown in colour – you will get a distinct nutty smell coming from the pan.
Turn off the heat and add the lemon juice carefully and swirl the pan to mix.
Spoon equally over the fish fillets and serve.

Notes from the chef:

The cooking time of the fish will depend on the thickness of the fillets – select fillets of equal thickness.

The hot oven ensures the fish cooks quickly and crumb goes crunchy.

Tossing the spinach in the oil and garlic before cooking ensures the leaves all wilt evenly and the flavour is distributed.

You can use chives as well.

Any green vegetable (or mix of) can be used if you do not like spinach – cook to your preference adjusting the timing to match the fish.

Tbsp - tablespoon

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Tsp - teaspoon