

BAKED CRISPY FISH PIECES

Preparation time: 10 minutes

Cooking Time: 10 minutes

Serves: 4



Ingredients

2 tablespoons plain flour

freshly ground black pepper, to taste

1 egg, lightly whisked

2 tablespoons reduced fat milk

1 cup firmly packed breadcrumbs (from day-old multigrain bread), toasted (see Tip below)

½ cup finely shredded parmesan cheese (optional)

450g boned skinless white fish fillets

Olive oil cooking spray

Hummus or guacamole, to serve

Lettuce, cucumber and capsicum salad, to serve

Method

1. Preheat the oven to 220°C (425°F/Gas 7) and line an oven tray with non-stick baking paper.
2. Spread the flour on a plate and season with pepper. Use a fork to whisk together the egg and milk in a shallow bowl. Combine the breadcrumbs and parmesan, if using, and spread on a plate.
3. Cut each fish fillet into manageable portions. Lightly dust the fish pieces with flour. Dip into the egg mixture, allowing any excess to drip off, and then coat well in the breadcrumb mixture, pressing the crumbs firmly so they stick. Place the coated fish pieces on the lined tray.
4. Lightly spray both sides of the fish pieces with the olive oil. Bake for 10 minutes or until golden, crisp and just cooked through, turning the pieces over halfway through cooking time.
5. Serve immediately accompanied by the hummus or guacamole and the salad.

Tip

To toast breadcrumbs, spread crumbs on an oven tray and bake in an oven preheated to 180°C (350°F/Gas 4) for 5-8 minutes or until golden. Cool on the tray.