

Crumbed fish

- **Nut-free**
- **Peanut-free**
- **Sesame-free**
- **Soy-free**
- **Shellfish-free**
- **High in Protein**

Whether in tacos, burgers or served with hot chips, crumbed fish is a winner in everyone's book! Nothing beats the crunch of that first bite.

- Serves 4
- Cooktime 20 mins 20 minutes
- Prep time 20 mins

Ingredients

- 1 cup (75g) panko breadcrumbs
- 1/3 cup (25g) finely grated parmesan
- 2 tbs finely chopped basil
- 1 lemon, rind finely grated
- 1/2 cup (75g) plain flour
- 1/4 tsp ground paprika
- 1 Coles Australian Free Range Egg, lightly whisked
- 4 x skinless firm white fish fillets
- Steamed baby potatoes, to serve
- Mixed salad, to serve
- Tartare sauce, to serve
- Lemon wedges, to serve

Nutritional information

Per serve: Energy: 1508kJ/361 Cals (17%), Protein: 38g (76%), Fat: 10g (14%), Sat Fat: 3g (13%), Sodium: 319mg (16%), Carb: 28g (9%), Sugar: 2g (2%), Dietary Fibre: 1g (3%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Preheat oven to 180°C. Line a baking tray with baking paper and spray with olive oil.

2. Step 2

Combine the breadcrumbs, parmesan, basil and lemon rind in a shallow bowl.

3. Step 3

Place the flour and paprika in another shallow bowl and season. Place the egg in a separate shallow bowl.

4. Step 4

Dip the fish in the flour mixture and toss to coat. Shake off any excess flour. Dip in the egg, then in the breadcrumb mixture and turn to coat. Place on prepared tray. Spray with olive oil.

5. Step 5

Bake for 20 mins or until golden brown and the fish is cooked through.

6. Step 6

Serve crumbed fish with potatoes, salad, tartare sauce and lemon wedges.