

Crumbed Fish with Rocket & Pear Salad

Serves 4

2 pieces bread, blitzed into crumbs (stale is good but fresh still works)

2 tablespoons parsley, finely chopped

1 lemon, zested and juiced

4 teaspoons Dijon mustard

4 x 100g fillets firm white fish

4 handfuls of rocket

1 pear, thinly sliced

½ fennel, finely sliced

4 tablespoons fetta

4 tablespoons walnuts



Combine the bread crumbs with some salt and pepper, parsley and lemon zest in a shallow bowl. Spread some Dijon mustard over each side of each fish fillet and then press into the crumb mixture to coat well.

Heat a fry pan to medium heat and using some extra virgin olive oil fry the fillets for 3-4 minutes each side or until cooked through and the crumb is golden and crispy.

Meanwhile combine the rocket, pear, fennel, feta and walnuts and pour over the dressing. Serve crumbed fish with the salad.