

Walnut and Herb Crusted Fish

Serves 4

Preparation Time 10 minutes

Cooking Time 25 minutes

2 slices wholemeal sliced bread
 finely grated rind of 1 lemon
 1/2 cup chopped parsley
 1/4 cup walnuts
 40g (2 tablespoons) **Flora pro-activ spread**
 freshly ground black pepper
 4 x 150g white boneless fish fillets
 12 baby new potatoes
 salad for serving
 lemon wedges for serving



Preheat oven to 220°C. Place bread, lemon rind, parsley, walnuts and Flora pro-activ* into a food processor and pulse until a crumbly mixture is formed.

Place fish on a baking tray lined with baking paper and season with pepper. Press a quarter of the breadcrumb mixture onto each piece of fish and bake for 20-25 minutes, or until fish is cooked and crumbs are golden brown.

Serve with steamed baby potatoes, salad and lemon wedges.

Hint: The walnut and herb crust is also delicious on skinless chicken breast.

Nutrition information

	Per 100g	Per Serve
Energy (kJ)	415	1877
Protein (g)	8.4	37.9
Total Fat (g)	4.2	19.2
Sat. Fat (g)	0.8	3.6
Carbohydrate (g)	6.2	28.3
Total Sugars (g)	1.0	4.6
Dietary Fibre (g)	1.5	6.9
Sodium (mg)	124	561