

## Crispy Parmesan Cod



Serves  
**2 people**

Prep Time

Cooking

Total Time

Calories  
**467 kcal**

### Stuff that's in it:

- For The Cod:
  - 40G Parmesan Cheese Shavings
  - 30G Plain Flour
- 2 Skinless And Boneless Loin Of Cod/Haddock
  - 1 Large Egg
  - Salt And Pepper
  - 1 Tbsp Oil
  -
- For The Mediterranean Crush:
  - Xxx Xxx (Xxx)
  - 120G Red Pepper (Diced)
  - 10G Fresh Basil (Torn)
  - 2 Clove Garlic (Peeled Left Whole)
- 80G Baby Plum Tomatoes (Sliced In Half)
  - 1 Tbsp Olive Oil
  - 80G Red Onion (Sliced)
  - 5G Garlic Paste

- Sprinkle Of Italian Mixed Herbs
- Hand Full Of Kale
- Salt
- Squirt Of Oil

### **What you do:**

Pre heat your oven to 180°C, add the crush ingredients to a baking dish and drizzle with oil, bake for around 25 minutes until soft and shiny and stir through.

Pour the flour onto a plate, add salt and pepper, whisk the egg and pour onto another plate and pour the parmesan onto a third plate.

Pat dry each fish fillet, roll in the flour, dip in the egg and then cover completely in parmesan. Get a pan nice and hot, add the oil then pan fry the fillets for around 4-5 mins each side until cooked through and crispy.

Add the kale with a squirt of oil and salt to the oven for 4 minutes and serve with the fish and the crush.

### **Nutrition**

- Carbs: 25g
- Fat: 24g
- Protein: 39g

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