



Pollock with Cheddar & Herb Crust

INGREDIENTS:

- 4 pollock fillets, line-caught, each weighing 225g
- 75g of white breadcrumbs
- 50g of cheddar, finely grated
- 4 tbsp of parsley, chopped
- 1 tbsp of dill, chopped
- 1 garlic clove, finely chopped
- 25g of butter, melted
- Cornish sea salt to season
- black pepper, freshly ground, to season
- olive oil

METHOD:

1. Preheat the oven to 220°C/gas mark 7. Season the pollock with salt and pepper on both sides and lay skin-side down on a well-oiled baking tray.
2. Put the breadcrumbs, cheese, parsley, dill and garlic into a bowl. Add salt and pepper to taste. Add the melted butter and mix well with a fork. Divide the mixture between the fillets and press on top of each piece in a thick, even layer.
3. Drizzle over a little olive oil and bake for 10-12 minutes (8 minutes per inch of fish thickness) or until the crust is crisp and lightly golden and the fish is cooked through.
4. Lift onto warm plates and serve.

