



Breaded fish fillet with yogurt tartar sauce

20'
Hands on

8'
Cook Time

4
Portion(s)

1
Difficulty



Method

- Preheat oven to 180* C (350* F) Fan.
- Beat the bread in a food processor until it breaks down into coarse breadcrumbs.
- Add the lemon zest, salt, pepper, thyme and parsley. Continue beating.
- Line a [baking pan](#) with parchment paper.
- Season the fish with salt and pepper, Drizzle with olive oil and the juice and zest from 1 lemon. Spread the marinade all over the fillets.
- Transfer to the baking pan and coat with the bread mixture. Drizzle with a little more olive oil.
- Place the fish in the oven and bake for 6-8 minutes, until crunchy and golden brown.

For the yogurt tartar sauce

- Finely chop the pickle and capers and transfer to a bowl. Add the grated zest and juice from 1 lemon and some finely chopped dill. Add the yogurt and mix with a spoon.
- Serve the fish with potato wedges and yogurt tartar sauce.

Ingredients

- 5 slices bread
- lemon zest, of 2 lemons
- 2 tablespoon(s) lemon juice
- slices lemon, for serving
- 1 tablespoon(s) parsley, fresh leaves
- 1200 g cod, fillets
- 1 tablespoon(s) olive oil
- thyme
- pepper
- salt

For the yogurt tartar sauce

- 200 g strained yogurt
- 2 tablespoon(s) [pickled cucumber](#), rinsed
- 1 tablespoon(s) capers, salted, rinsed and chopped
- 1 tablespoon(s) dill, chopped, fresh
- lemon juice, of 1 lemon
- lemon zest, of 1 lemon
- [French fries](#), to serve

Διατροφικός πίνακας

Nutrition information per portion

412 Calories (kcal)	7.5 Total Fat (g)	1.9 Saturated Fat (g)	25.0 Total Carbs (g)
21%	11%	10%	10%
5.7 Sugars (g)	60.0 Protein (g)	2.0 Fibre (g)	1.7 Sodium (g)
6%	120%	8%	28%