

Pesto and olive crusted fish

Ingredients

For Pesto

50g pine nuts
80g fresh basil
50g parmesan cheese
150ml olive oil
2 garlic cloves, peeled

For the fish

finely grated zest 1 lemon
10 green olives, pitted and chopped
4 white fish fillets, cod or haddock
85g fresh breadcrumbs

Equipment

White tray
Frying pan
Wooden spatula
Food processor
Chopping board
Vegetable knife
Large plastic bowl
Grater
Pastry brush
Baking tray

1. Heat oven to 200°C/fan 180°C/gas 6.
2. Mix 30ml (2 tbsp) pesto, lemon zest and olives together, and then stir in the breadcrumbs.
3. Lay the fish fillets on a baking tray, skin side down, and then press the crumbs over the surface of each piece.
4. Bake in the oven for 10-12 minutes until the fish is cooked through and the crust is crisp and brown.
5. Serve with salad or potatoes