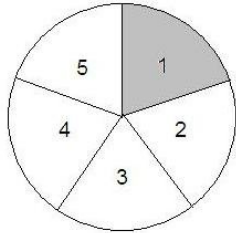


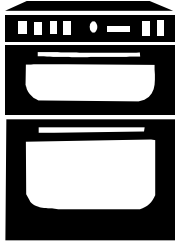
Exotic Breadcrumbs Fish

Serves 4

Portions of fruit & vegetables per serving: 1



Oven needed



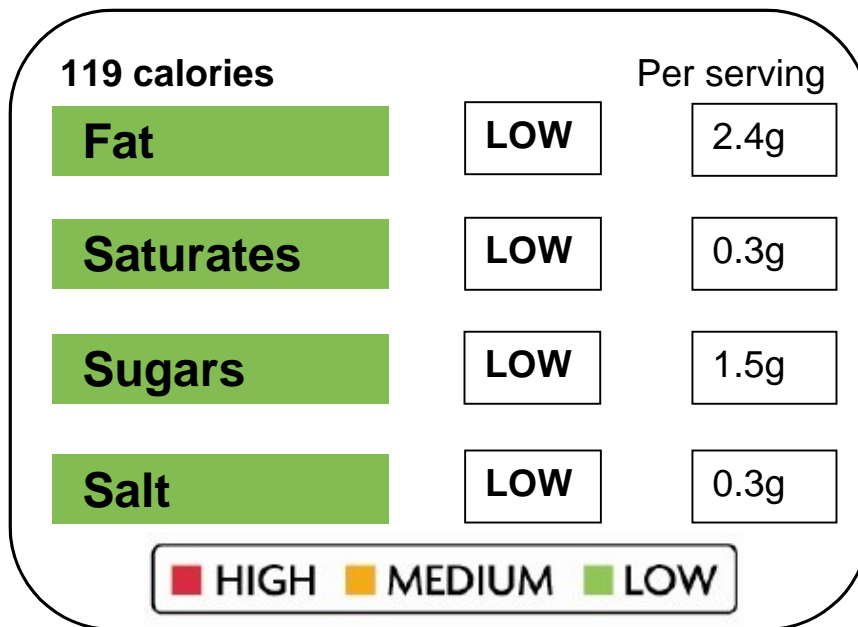
Ingredients	Amount	Preparation
frozen white fish fillets	4	
lemon juice	1 tablespoon	
all-purpose seasoning	1-2 teaspoons	
black pepper	1 teaspoon	
slices of bread	2	grated into breadcrumbs
sweet peppers	2 medium	chopped very small
spring onions	2 - 3	chopped
vegetable oil	1 teaspoon	

Please Turn Over



Method

- 1 Heat the oven to gas mark 6, 200°C, 400°F
- 2 Place the frozen fish on a baking tray and lightly drizzle a little lemon juice on each portion. Lightly sprinkle with all-purpose seasoning and black pepper to taste.
- 3 In a bowl mix the breadcrumbs, sweet peppers and spring onions together with the teaspoon of oil, spread evenly over the top of the fish portions.
- 4 Place in the oven and bake for 20 minutes.
- 5 Serve.



Handy Hints

- Serve with potato or rice and your favourite vegetables.
- Makes a great meal when served with sweet potato mash and vegetables or salad.
- You can add extra fibre by using wholemeal or granary bread for the breadcrumbs.

