



Name of the recipe: Fish with crispy topping

Share, Indulge, Enjoy, cookbook – QMC Wellington

Make sure you have everything you need and place ingredients on your kitchen counter. This is called “mise en place” (in French) to make sure all the materials are available at home and you are not disappointed later if you are half way and you are lacking something. Enjoy!

Ingredients:

1. 6 firm fish fillets
2. 1 tbsp grainy mustard
3. 2 cups fresh breadcrumbs
4. ½ cup tasty cheese, grated
5. ½ cup parmesan cheese, grated
6. 1 cup parsley chopped parsley
7. 6 spring onions, chopped finely
8. 1/3 cup melted butter

To prepare:

1. Lightly grease a shallow ovenproof dish.
2. Arrange the fish in a single layer in the dish.
3. Spread a thin layer of mustard over the fish.
4. Combine the remaining ingredients in a bowl and mix well.
5. Spoon this mixture over the fish.
6. Bake for 15 minutes in the oven or until the topping is brown.
7. Serve with your favourite side.