The Independent SCHOOL FOOD PLAN



Number of portions this recipe makes: 20 primary servings (60g) 14 secondary servings (85g)



Prep: 10 minutes Cook: 20 minutes



Allergy information: Egg, fish, soya, wheat (gluten)



Top Tips Try different combinations of herbs and

flavours in the topping.

Government Buying Standards for Food & Catering Services Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose bread with <1.0g salt per 100g.

POLLACK FILLET WITH A LEMON & HERB COATING

Fish main course: This recipe provides a portion of fish. As the fish is breaded, it counts as one of the two permitted portions of foods that have been deep-fried, batter-coated or breadcrumb-coated each week across the school day.

Recipe adapted from: Solihull Catering Service

Ingredients

1200g Pollack fillets 100g eggs 200g wholemeal breadcrumbs 20g lemon zest 3g (1 tbsp) dried mixed herbs

Method

- 1. Pre-heat the oven to 180°C/350°F/Gas 4.
- 2. Lay the fish fillets on baking tray.
- 3. Coat fillets with beaten egg.
- 4. Mix the breadcrumbs, lemon zest and herbs together, sprinkle onto the fish, and press firmly.
- 5. Bake the fish until it is golden brown and reaches an appropriate core temperature.
- 6. Serve one fillet per pupil.

Serving suggestion: serve with rice, noodles or potato wedges and vegetables.



We have asked Children's Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).

Public Health England has supported the School Food Plan to develop this 'What Works Well' recipe. The 'What Works Well' website brings together the best ideas in school food & food education <u>http://www.schoolfoodplan.com/www</u>



