



## 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.



#### 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.