

Baked pollock with a cheddar and herb crust

Ingredients

- 4 pollock fillets, line-caught, each weighing 225g
- 2 2/3 oz of white breadcrumbs
- 1 3/4 oz of cheddar, finely grated
- 4 tbsp of parsley, chopped
- 1 tbsp of dill, chopped
- 1 garlic clove, finely chopped
- 1 oz of butter, melted
- Cornish sea salt to season
- black pepper, freshly ground, to season
- olive oil

Recipe

Preheat the oven to 220°C/gas mark 7. Season the pollock with salt and pepper on both sides and lay skin-side down on a well-oiled baking tray

- 4 pollock fillets
- Cornish sea salt to season
- black pepper
- olive oil

Put the breadcrumbs, cheese, parsley, dill and garlic into a bowl. Add salt and pepper to taste. Add the melted butter and mix well with a fork. Divide the mixture between the fillets and press on top of each piece in a thick, even layer

- 2 2/3 oz of white breadcrumbs
- 1 garlic clove
- 4 tbsp of parsley
- 1 tbsp of dill
- Cornish sea salt to season
- black pepper
- 1 oz of butter
- 1 3/4 oz of cheddar, finely grated

Drizzle over a little olive oil and bake for 10–12 minutes (8 minutes per inch of fish thickness) or until the crust is crisp and lightly golden and the fish is cooked through

- olive oil

Lift onto warm plates and serve