FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Crusty Cod with Mozzarella



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**491 kcal**

Stuff that's in it:

• 2 (300G) Haddock Fillets

• 30G Dried Breadcrumbs

• 35G Grated Mozzarella

• 20G Fresh Parsley (Finely Chopped)

• 1 Medium Egg

• 15G Plain Flour

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• Chips:

• Xxx Xxx (Xxx)

• 2 Tsp Oil

• 3G Garlic Granuals

• 2G Paprika

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• Sides:

• 100G Sweet Corn

• 10 Cherry Tomatoes

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• Sauce:

• 20G Lurpack Lighter

• 1 Slice Leerdammer

• 25G Baby Spinach

• 20G Plain Flour

• 350Ml Skimmed Milk ((Warm))

What you do:

To make your chips, slice your potatoes into chips, pat dry with paper towel, rub the oil and spices in and air fry for 29 minutes, you can bake alternative.

With the fish.

Pre heat your oven to 200˚c

Add the parsley and the mozzarella to the breadcrumbs.

Whisk your egg and add it with your flour and bread crumbs on to 3 separate plates.

Pat dry the fish with Paper towel to absorb any moisture. Roll the fish in the flour, shake, then roll in the egg and then in the bread crumb mixture, set onto a baking dish inside foil, leave the foil open so it's like an open fish parcel, bake for around 20-25 minutes or until golden, ensuring cooked through.

For the sauce , add your butter to a small sauce pan, melt then add the flour and stir into a roux (thick paste) add the milk little by little on a low heat whisking continuously, bring to a simmer until thick, add the cheese and stir through until melted, add the spinach m heat through the serve.

Nutrition

• Carbs: 52g

• Fat: 15g

• Protein: 38g

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