

HERB CRUSTED FLATHEAD FILLETS

by Mandy Biffon of Sorceror

2014 Winner : Main Course

Ingredients (serves 4)

1 ½ cups fresh breadcrumbs

2 tablespoons each of chopped thyme, parsley & chives

1 egg, whisked

600g flathead fillets (or any firm white fish)

3 tablespoons olive oil

lemon wedges to serve

Easy Tartare

1 cup good quality mayonnaise

2 tablespoons chopped capers

2 tablespoons chopped cornichons

1 tablespoons red onion, finely chopped

rind from ½ lemon

salt and pepper



Picture not available

Method

Place breadcrumbs and herbs in a medium sized bowl. Stir to combine and season.

Place egg into another bowl. Dip flathead fillets into egg and then breadcrumbs.

Place onto a baking tray lined with baking paper. (This can be done ahead of time and refrigerated)

Place oil in a large frying pan over medium heat. Fry fillets in batches approximately 2 minutes each side, depending on thickness of fish.

Serve with lemon wedges and easy tartare.

Easy Tartare

Combine all ingredients.