



Crispy-Topped Fish

(makes 1 serving)

The tasty topping can be made in advance, making this dish a real 'no brainer' when you're tight for time. It works really well with fish, chicken or tofu but you can play around with the ingredients dependent on what's in the fridge.

Ingredients

1 white fish fillet **or**
1 slice of tofu (around 2cm thick) **or**
1 medium-sized skinless chicken breast
1 tablespoon oats
1 tablespoon fresh parsley, finely chopped
1 tablespoon lemon juice
Sea salt and freshly ground black pepper
2 teaspoons olive or coconut oil
3 spring onions, trimmed and finely sliced
2 heaped teaspoons tomato puree
1 medium-sized tomato, sliced
15g Parmesan cheese, grated

Method

Preheat the oven to 200C/400F/Gas Mark 6.

In a small bowl, mix the oats, parsley and lemon juice, lightly season and set aside.

Warm the oil in a small sauté pan and cook the spring onions over a medium heat until soft then add the tomato puree and mix well.

For fish or tofu: Place a sheet of baking foil in a small oven-proof dish, place the fish or tofu in the middle and pull up the sides of the foil so you create an open-topped parcel.

Top the fish/tofu with the spring onion/tomato puree mix, arrange the tomato slices on top and finally the oat mix (don't close the parcel) then place the dish on a middle shelf in the oven and bake until cooked through.

Thin fish fillets and tofu will take around 5-6 minutes, thicker/denser fish fillets will take around 8-12 minutes. Have a peek and check that the fish flakes nicely and the juice is clear.

Remove from the oven, turn the oven off and the grill on (to a medium heat), scatter the cheese on top, grill on the lowest shelf until the cheese melts and is just beginning to brown (around 5 minutes) then with a fish slice, lift the fish/tofu onto a warmed serving plate and spoon over the cooking juices.

For the chicken: Place the chicken on the foil, lightly season, add a splash of oil, scrunch the foil so it creates a loose but sealed parcel and bake for 10 minutes then open up the parcel, top as per the fish/tofu and bake for a further 10 minutes or until the juices run clear and the chicken is cooked through.

Continue as before and serve.