

Roast Cod topped with Lemon & Parsley Bread Crumbs

ON A DELICIOUSLY CREAMY CELERIAC PUREE WITH CRISPY KALE

Ingredients

- 4 fillets of cod about 3cm thick
- 1 - 2 celeriac (depending on how big they are and how hungry you are!)
- 50 ml single cream
- 2 large handfuls of curly kale, stalks removed
- 1 cup dry bread crumbs
- Zest of one lemon
- 2 tbsps chopped parsley
- 1 tbsp lemon oil (optional use plain here instead)
- 1 tbsp olive oil
- Sea salt and freshly ground black pepper



Method

Preheat the oven to 180C.

To make the puree, peel and cut the celeriac into cubes and boil for about 25 minutes until soft, drain, and place in a blender with the cream and blitz until smooth. Season with salt and pepper and keep warm. Mix the breadcrumbs with the lemon zest, parsley and lemon oil, season with a little salt and pepper. Place a quarter of the crumb mixture on top of each cod fillet and press down firmly.

Place the fillets on a baking tray and bake in the oven for 8-10 minutes till breadcrumbs are golden brown and the fish is cooked (the cooking time may vary a little depending on the thickness of the fish). Whilst the fish is cooking, put the kale in a bowl with the olive oil and a little salt and pepper and massage together. Place the kale in a large frying pan and quickly sauté till crisp.

To serve, place a large spoonful of the puree onto four plates and top with the cooked fish, add the crispy kale on the side.

Recipe written and photographed by Caroline @everdayfabulousfood

