



POLENTA CRUSTED COD

INGREDIENTS:

- 250g cod fillet
- 1 egg
- 2tbsp flour
- 50g polenta (or fine ground semolina)
- salt and pepper to taste

INSTRUCTIONS:

- beat the egg in a shallow dish, add flour to a separate shallow dish and season with salt and pepper. Pour polenta on to a small plate.
- place the cod fillet in the seasoned flour and coat well then do the same with the egg mixture.
- Roll the cod in the polenta until well coated and place on a baking tray.
- Bake in a preheated oven at 180c for 20-25 minutes.
- Serve with chips and mushy peas!

210 cal 28g P