

HOMEMADE CRUMBED FISH WITH HAND-CUT WEDGES



 Serves
4

 Prep Time 20
minutes

 Cook Time 40–45
minutes

 A Little More
Effort



INGREDIENTS

- 500g floury potatoes*, washed, dried and cut into wedges
- 2 Tbsp olive oil
- 1 Tbsp Gregg's Lemon Pepper Seasoning
- ¼ cup finely grated Parmesan cheese
- 2 Tbsp chopped fresh parsley
- 1 cup panko breadcrumbs

METHOD

1. Preheat the oven to 200°C (fan assisted). Place the potato wedges on a baking tray in a single layer. Mix the oil and **Gregg's Lemon Pepper Seasoning** together. Toss through the wedges. Bake for 40–45 minutes or until they are golden and cooked, turning halfway through cooking. While the wedges are cooking, prepare the fish.

- 2 Tbsp flour
- 4 x 100g fish fillets**
- 1 egg, beaten with 1 Tbsp water
- Baby peas (to serve)

Tomayo Sauce:

- ½ cup **HEINZ [SERIOUSLY] GOOD™ Original Mayonnaise**
- 2 Tbsp **Wattie's Tomato Sauce**
- Squeeze of lemon juice

2. Mix together the Parmesan cheese, parsley and panko crumbs in a shallow bowl. Place the flour on a plate.
3. Pat the fish fillets dry with paper towels. Dip the fish into the flour, shaking off any excess. Then dip the fish in the beaten egg and coat in the parmesan crumbs. Place on a tray. Refrigerate until ready to cook.
4. To make the Tomayo Sauce: Mix together the **HEINZ [SERIOUSLY] GOOD™ Original Mayonnaise** and **Wattie's Tomato Sauce**, adding a squeeze of lemon to taste.
5. Heat a little oil in a frying pan over medium heat. Pan-fry the fish for 3–4 minutes on each side or until golden and cooked. Serve the fish with the seasoned potato wedges, baby peas and Tomayo Sauce.

TIPS

- *Floury potato varieties are Agria, Red Rascal and Ilam Hardy. These varieties are excellent for roasting and wedges as they are low in water content but high in starch and have a fluffy texture.
- **Tarakihi, gurnard, snapper or red cod fillets are perfect for this recipe.