

**CORNFLAKE CRUSTED FISH & TATAR SAUCE**

4 portions

INGREDIENTS

- 200 grams of yogurt, Greek, plain, lowfat
- 1 tsp of lemon peel, raw [2 g]
- 1 tbsp of lemon juice, raw
- 1 tbsp parsley, fresh [10 g]
- 1 tbsp of chives
- 1/4 tsp of paprika [1 g]
- 480 grams of white fish, [4x 120g each]
- 1 cup of flour [For coating fish]
- 2 eggs
- 4 cups Corn Flakes

COOKING METHOD

- 1° Preheat oven to 180 degrees
- 2° In a small bowl mix yoghurt, capers, parsley, lemon juice, lemon zest, paprika, chives and season with salt & pepper
- 3° Prepare 3 containers with flour, egg and cornflakes
- 4° Cover fish fillets with flour, then shake excess. Dip in egg then cover with cornflakes. Shake off excess.
- 5° Place a sheet of baking paper on a baking tray and spray lightly with oil. Place fillets on tray and bake for 15mins until golden.
- 6° Serve with tartar sauce
- 7° Serve with tartar sauce

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (237 g)	% DRI
ENERGY	158 kcal	374 kcal	19 %
FAT	5 g	11 g	17 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	13 %
CHOLESTEROL	72 mg	170 mg	57 %
SODIUM	116 mg	275 mg	11 %
CARBOHYDRATE	14 g	34 g	11 %
SUGARS	2 g	4 g	—
FIBER	0 g	1 g	5 %
PROTEIN	14 g	34 g	—