

BAKED COD GOUJONS

for Pesach



QUICK

15 mins prep time

HEALTHY

They are baked rather than fried, reducing the fat content

FAMILY



MEALS

Serve with colourful veg and potato wedges (don't peel them to increase the fibre in this dish)

INGREDIENTS

- 5 cod fillets – sliced into 'fingers'
- 100g ground almonds
- 100g matzo meal
- 25g fresh parsley chopped or 1 tbs mixed herbs
- 1½ tsp ground paprika
- 2 garlic cloves
- 5-6 heaped tbs mayonnaise
- 1 large freezer bag
- Salt and pepper (be generous)

METHOD

- 1) Put your oven onto 180°C (Fan)
- 2) Mix the matzo meal, ground almonds, sesame seeds, paprika, herbs and salt and pepper in the bag.
- 3) Mix the mayo and garlic in a bowl
- 4) Dip the fish into the mayo garlic mix (do a few pieces at a time)
- 5) Then pop into the bag with the dry mix. Shake the bag till fully coated.
- 6) Place on an oven tray and repeat until all done
- 7) Bake for approx. 15 mins until cooked but still tender.
- 8) Eat and enjoy



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com