

# BAKED COD GOUJONS



## QUICK

15 mins prep time

## HEALTHY

They are baked rather than fried, reducing the fat content

## FAMILY



Feeds 5

## 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'
- 200g breadcrumbs (wholemeal if poss)
- 25g fresh parsley chopped or 1 tbs mixed herbs
- 2 tbs ground flaxseeds
- 1 tbs sesame seeds
- 2 tsp ground paprika
- 2 garlic cloves
- 6 heaped tbs mayonnaise plus 1 tbs water
- Salt and pepper (be generous)

## METHOD

- 1) Put your oven onto 180°C (Fan)
- 2) Mix the breadcrumbs, flaxseeds, sesame seeds, paprika, herbs and salt and pepper in a big bowl
- 3) Mix the mayo, water and garlic in another bowl
- 4) Put the fish into the garlic mayo bowl and mix well
- 5) Then pop into the bowl with the dry mix. Turn till fully coated (do a few at a time)
- 6) When coated, place the fish on a large oven tray
- 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](http://www.quickhealthyfamilymeals.com)