

Easy Breaded Haddock

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This is a delicious breaded haddock recipe that's actually really healthy. Serve it with home-made potato wedges and a big salad for a filling dinner.

Ingredients:

4 haddock fillets
200ml milk
Salt and pepper
100g grated parmesan
80g breadcrumbs
50g butter
Pinch of dried thyme

Directions:

1. Preheat the oven to 200C.
2. Season the milk with the salt and pepper.
3. Combine the parmesan, breadcrumbs, and dried thyme in a bowl.
4. Dip the fish into the milk, and then press it firmly into the breadcrumb mixture, coating each side of the fish.
5. Melt the butter in a small saucepan.
6. Place the haddock into a shallow oven dish and drizzle it with the melted butter.
7. Cook the haddock for around 15 minutes or until it flakes.

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