

# Australian Native Food Education Kit

## Lemon Myrtle Parmesan Crusted Fish - Serves 4

A super way to cook fish, chicken or vegetables like zucchini and eggplant slices simply and quickly. The lovely balance of butter and olive oil in the crumb bastes the meat below as it cooks, the cheese helps bind the crumb to a light crunchy crust when finally golden brown. The lemon myrtle leaves a beautiful clean fresh lemon flavour to compliment all.

A great way to “crumb” thin fish like whiting or garfish, without all the mess of a full crumbing set up. I make a larger recipe than I need and freeze the extra crumb in a snap lock bag, for use another day, for a fast easy meal!

75 ml EV Olive oil 25g U.S. Butter	Microwave the oil and butter for 20-30 seconds until warm and just melted. Preheat your oven to approx. 220 deg C fan forced.
100g panko breadcrumbs 75g best quality Parmesan grated 2 heaped tbsp. fresh sea parsley (or ordinary parsley) - chopped 1 tsp fine Salt ½ tsp ground pepperleaf 2 tsp ground Lemon Myrtle	Mix all these ingredients thoroughly in a bowl. Drizzle over the oil/butter and rub in thoroughly with clean fingers till even and oily. Refrigerate the crumb.
1 x 150g piece of white fish per person	Simply lay the fish on a baking tray lined with silicon baking paper. Cover generously with the crumb about 5mm thick. Bake for 6-8 minutes until golden brown and just cooked through. - For very thin fish fillets like whiting or garfish, I use more top heat like from an overhead grill on medium heat, to brown quicker, and barely cook the fish underneath! Otherwise, they can overcook and dry out easily.