



Almond, Lemon and Black Pepper Crusted Fish
RECIPE

Almond, Lemon and Black Pepper Crusted Fish



Cooking time

20 mins

Preparation time

15 mins

Serves

6

Light and flaky fresh fish coated in a crunchy flavoured crust. A great meal for a warm summer evening or a special occasion.

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Ingredients

- +/- 6 spinach leaves
- 1 lemon, thinly sliced
- 1 Tablespoon olive oil
- 3 large hake or kingklip fillets (1.5kg), halved into 6 portions
- Fish Crust
- 1 Packet Royco® Black pepper sauce dry powder
- 1 Zest of 1 lemon
- 1 Cup flaked almonds, toasted
- 1 Tablespoon fresh dill, finely chopped
- 1 Tablespoon fresh parsley, finely chopped

Products used



Black Pepper Dry Sauce

[View Product](#)

Family Friendly

Replace the Black Pepper Sauce with Royco® Dry Roasted Garlic Sauce if your little ones are sensitive to pepper.

Method

1. 1.
Preheat the oven to 180 degrees.
2. 2.
In an oven proof roasting dish, layer the spinach leaves, sliced lemon and place the fish fillets on top. Drizzle with olive oil.
3. 3.
In a mixing bowl, place all the crust ingredients and mix to combine. (be sure to break the almonds using your hands)
4. 4.
Place the crumb on top of the fish fillet and press the crumb down with your hand.
5. 5.
Bake in the oven for 15 - 20 minutes.

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[Fish](#), [Light Meal](#)

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30 mins

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Curried Potatoes

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5 mins

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Mielies with Flavoured Butter

Cooking time

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Spiced Couscous with Pork and Almonds

Cooking time

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Preparation time

20 mins

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Butternut Risotto with Rocket and Feta

Cooking time

25-30 mins

Preparation time

5 mins

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Creamy Chicken and Mushroom Risotto

Cooking time

25-30 mins

Preparation time

10 mins

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[Chicken Salad Stacks](#)

Cooking time

10 mins

Preparation time

10 mins

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