

Family friendly



Almond, lemon and herb-crusted cod with asparagus

Serves 1

145g piece skinless cod fillet

Salt and pepper

1 tsp Dijon mustard

20g flaked almonds

15g parmesan, finely grated

Small bunch of parsley, chopped

Pinch of chilli flakes

Zest and juice of 1 lemon

1 big handful of asparagus

1 tsp olive oil

85g cooked lentils (30g uncooked lentils)

75g cherry tomatoes, halved

Method

Preheat the oven to 200°C and line a baking tray with a sheet of greaseproof paper. Lay the cod on top, season with salt and pepper then brush the top of the fish with the mustard. Put the almonds, parmesan, parsley, chilli flakes and lemon zest into a small food processor and pulse to a rough crumb; alternatively, pile everything onto a board and chop finely.

Spoon the mixture on top of the fish, pressing down lightly to form an even crust. Bake in the oven for 12–15 minutes until the fish is cooked through.

Meanwhile, preheat a griddle pan over a high heat. Toss the asparagus in the olive oil, lay on the griddle and cook for 4–5 minutes, turning regularly until lightly charred. Chop the asparagus into bite-sized pieces then tip into a bowl along with the lentils and tomatoes. Squeeze in the lemon juice, toss everything together and season to taste. Serve with the cod on top.

Tips

This recipe uses ready-cooked lentils for ease and speed, but you can cook your own if you'd prefer. Pour the uncooked lentils into a pan of water, bring to the boil then reduce to a simmer and cook for 25 minutes. Drain then weigh out portions according to the quantities above. They'll keep for up to three days in the fridge.

Alternative ingredients

To make this nut-free, swap the flaked almonds for the same grams of seeds (e.g. pumpkin, sunflower) to make a seed, lemon and herb crust. To make this dairy free you can swap the parmesan with an extra 10g of flaked almonds.