



# KOSHER KINGDOM

SUPERMARKET

## Basil Crusted White Fish with Pesto Zoodles



### Prep Time

15 Minutes

### Cook Time

25 Minutes

### Preference

Meaty

### Ingredients

Fillet of white fish (cod/haddock)
1-2 frozen basil pods, defrosted
1 tsp light mayo
Italian spiced panko crumbs

Zoodles:
Courgette
Passata/chopped tomatoes
Fresh basil leaves
Light cream cheese

### Method

Place the fillet of fish on an oven tray. In a separate bowl melt the frozen basil pod and mixed it with 1 tsp of light mayo. Coat the fish with the basil mayo sauce. Then not too liberally sprinkle the panko crumbs on top and baked it in the oven for about 20 mins in a pre heated oven 170-180.

To make the zoodles, I don't like to use ready prepared as I find it has a strange smell and texture, since life is too short to spirilise(!!) I peeled slices of courgette on an angle to create flat wide 'noodles' stopping before I reached the central seed part as that is bitter (I save this for veg soup).

A few minutes before the fish is ready to serve, Heat up a non stick pan with spray oil or a little olive oil, add the courgette noodles and cook for a few minutes on high. Then add chopped tomatoes/passata to taste, and optionally 1 tsp reduced fat cream cheese and fresh basil leaves.

Cook for a further few mins and season with sea salt and served immediately with the fish.