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Toothfish Oat and Coriander Bake



Nutritional Info: The beta-glucan fibre found in oats is a soluble, fermentable fibre which supports a healthy gut. Regular consumption may also reduce the risk of cardiovascular disease with oat beta-glucan being shown to lower blood cholesterol.

Tips: An easy-to-make baked toothfish fillet topped with a crunchy layer of oaty goodness. Serve with Hasselback potatoes and minty crushed peas for a simple and fresh dinner.

Toothfish Oat and Coriander Bake

Ingredients

2 x Toothfish fillets
50g rolled oats
1 teaspoon coriander seeds
Zest from ½ lemon
1 tablespoon olive oil
1 clove of garlic, crushed
¼ teaspoon salt
1 tablespoon pine seeds

For the Hasselback potatoes:

4 medium sized roasting potatoes
1 tablespoon olive oil
Salt to season

For the minty peas:

160g peas
1 handful fresh mint, finely chopped
1 tablespoon lemon juice

Serves 2



Method

1. Preheat the oven to gas mark 5 or 200C
2. In a blender, pulse together all ingredients except the toothfish into a coarse crumb.
3. Place the fillets on a baking tray before carefully topping with the oat crumb, pressing down lightly with a spoon.
4. Bake for 15 minutes. If required, place under the grill for a few minutes at the end for a crispier crumb.
5. Serve with Hasselback potatoes and crushed peas.

For the Hasselback potatoes:

1. Wash medium sized potatoes, keeping the skins on.
2. Cut 1cm wide slits in the potatoes cutting down ¾ of the way down the potato.
3. Cover in oil and salt before baking in a hot oven for 30 - 40 minutes, until golden brown

For the minty crushed peas:

1. Cook peas as per packet instructions, season with the mint and lemon juice and crush before serving.



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