



# Toothfish Cheeks with Parma

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**Nutritional Info:** Toothfish has a high unsaturated fat content, releasing rich Omega-3 fatty acids when cooked, these contribute to brain and visual development in children, and contribute to the maintenance of normal cardiac function in adults. Toothfish is a good source of protein, which contributes to the maintenance of muscle mass and bone health.

**Tips:** These are also great cooked over a low heat on the barbecue.

Serve with salad and/or savoury rice.

This tasty nibble also makes a fantastic contribution to any tapas and has the advantage of being quick and easy to prepare and cook. Serve with aioli or seafood dressing as a dip.

# Toothfish Cheeks with Parma

## Ingredients

6 Toothfish Cheeks

6 Slices Parma Ham

Lemon Pepper

Lemon Juice

Olive oil



## Method

1. Cut larger cheeks in half
2. Rub lemon pepper (or fresh ground black pepper) into cheeks
3. Squeeze juice from half a lemon over the pieces and rub in
4. Wrap each piece in a slice of the ham and secure with either a toothpick or thread several onto a skewer.
5. Drizzle with olive oil
6. Place on baking tray and either grill or oven bake for 15 mins or until the fish is cooked through



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