

Arum Nixon's Crumbed Ling with Fennel Slaw

This is a great weeknight option, as it's really quick and easy. Ling is a delicious fish that's massively underrated, and it really lends itself to being cooked like this – the soft and light fish contrasts with the crunchy breadcrumbs.

Fennel and a tangy dressing make an unusual twist on a classic slaw (that's still quick and easy to whip up in no time).



Westfield



Arum Nixon's

Crumbed Ling with Fennel Slaw



Ingredients

- 4 ling fillets, around 200g each
- 2 eggs
- 1 heaped tsp Dijon mustard
- 100g rice flour
- 50g panko breadcrumbs
- Zest of 1 lemon
- ½ bunch parsley, finely chopped
- Large pinch salt

For the Slaw:

- 1 bulb fennel
- ¼ small white cabbage
- 100g natural yoghurt
- 50g mayonnaise
- 1 heaped tsp Dijon mustard
- Juice of half a lemon
- ½ bunch parsley, leaves picked and roughly chopped
- ¼ tsp salt

Method

1. Preheat the oven to 220 degrees and line a baking tray with baking paper.
2. Prepare 3 shallow bowls. Place the rice flour in the first, beat the eggs and mustard together and add to the second, and mix together the breadcrumbs, lemon zest, parsley and salt in the third.
3. Take each fish fillet individually. First dust lightly in the flour, then dip it in the egg to coat well, and finally the breadcrumbs, ensuring it's completely and evenly covered.
4. Lay each carefully on the baking tray, and place in the oven to cook. Bake for 15–20 minutes or until cooked through.
5. To make the slaw, thinly slice the fennel and cabbage – a mandoline is ideal for this. Pick the fennel fronds from the trimmings and toss through the fennel and cabbage. Make the dressing by whisking together all the remaining ingredients and stir through the vegetables. Serve alongside the crumbed fish.

Tips and Tricks

- To test if the fish is cooked, use a toothpick. If it inserts easily into the flesh, it's done - if there's still resistance then cook for a little longer. Alternatively, if you want to be sure, a meat thermometer is a great way to know – insert into the middle of the fish, it should be at least 50 degrees.
- Try this as a quick and easy fish wrap with my Homemade Flatbreads. Cut the fish into smaller portions that will easily fit into each with a bit of the slaw.

Serves 4

