



## **BigFish Recipe™**

### **Lemon & Parmesan Salmon with Sweet Potato Chips**

**Preparation time:** 5 minutes  
**Cooking time:** 20 -25 minutes  
**Serves:** 2

#### **Ingredients**

2 x BigFish Plain salmon fillets (Organic if you prefer), skins removed  
60g wholemeal sourdough bread  
20g grated Parmesan cheese  
Zest of half a lemon  
Seasoning  
Parsley to garnish

#### For the chips

4 small sweet potatoes, scrubbed clean and cut into wedges  
A drizzle of olive oil  
Dried chilli powder  
Sea salt

#### **Method**

1. Preheat the oven to gas mark 6/200°C. Line a shallow baking tray with baking paper.
2. Now crumble the wholemeal sourdough bread into a food processor bowl, together with the lemon zest, parmesan and a good measure of seasoning. Blend the mixture until you have fine crumbs.
3. Put the salmon fillets on a baking tray and top with the breadcrumb mixture
4. Now put the sweet potato wedges on the same tray and add a little little olive oil, plus a sprinkle of chilli powder to taste and salt and fresh black pepper. Turn the potatoes to make sure they're evenly coated.
5. Put the tray in the centre of the oven. Turn the potato wedges after 10 minutes or so to help them crisp up.
6. When the fish is cooked through and the crumb golden (20-25 minutes), take the tray out and serve. We recommend Lincolnshire peas, a wedge of lemon and some parsley to garnish!

With thanks to [Tastefully Vikkie](#) for the inspiration.