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# Eat For Goals!

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## Recipe Card



**Steven Gerrard**

**Crunchy Sea Bream with Herbs**

[www.golden-mile.org](http://www.golden-mile.org)

# the GOLDEN mile

## Steven Gerrard CRUNCHY SEA BREAM with HERBS



Thyme  
4 small sprigs,  
fresh, chopped



White sea bream fillets  
2



Flat-leaf parsley  
4 sprigs, fresh, chopped



Olive oil  
3 tbsp

Heat oven to 180°C.  
Chop 1 garlic clove and mix with the rosemary, parsley and thyme.  
Place the herbs between the fish fillets.

Place the fish in an ovenproof dish.

Season and sprinkle with the breadcrumbs.

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Mix the olive oil, lemon juice, 2 tbsps of water and 1 garlic clove.

Pour the mixture over the fish and bake for 20 minutes.



Lemon  
4, juiced



Fresh rosemary  
4 tbsp, chopped



Garlic cloves  
2, peeled and chopped



Breadcrumbs  
40g



Per child portion

Energy	710 kJ
	170 kcal
Protein	12g
Carbohydrate	8g
Fat	10g

