# A picture containing food, container, dish, pasta  Description automatically generated**Fish and veg stack**

**Ingredients**

1 carrot

½ a courgette

1 piece of fresh fish e.g. salmon (approx. 200g)

25g Cheddar cheese

1 spring onion

½ slice bread

1 x 5ml spoon (1 teaspoon) dried mixed herbs

Black pepper

**Serves 1**

**Equipment**

Chopping board, knife, peeler, oven proof/foil dish, baking tray, food processor, grater, spoon, oven gloves, weighing scales.

Method

1. Preheat the oven to 200ºC or gas mark 6.
2. Top and tail the carrot and courgette, then run the vegetable peeler lengthways along each vegetable to make ribbons. Place an oven proof dish or foil tray on a baking tray and place the vegetable ribbons in the bottom.
3. Lay the fish on top of the vegetables.
4. Grate the cheese.
5. Put spring onion and bread into the food processor and blitz until it resembles breadcrumbs.
6. Stir in the cheese, herbs and a few twists of black pepper.
7. Spoon the mixture on top of the fish and bake in the oven for 20 minutes.
8. Serve.

Eat well for you and the planet! Top tips

* Focus on fibre – use wholemeal bread for your breadcrumbs to give the dish a fibre boost.
* Get at least 5 A DAY – add small florets of broccoli and cauliflower. Cook in boiling water for 3-4 minutes to slightly soften first. (Save the stalks and use in a stir-fry.)
* Vary your protein – ensure that you use fish from a sustainable source. Refer to the [Good Fish Guide](https://www.mcsuk.org/goodfishguide/) for further information.
* Reduce food waste – bread that is slightly stale is great for making breadcrumbs, rather than ending up in the food waste bin.