



EVERYTHING
HERBAL
BY CHERYL JABZ

French HERB CRUSTED FISH


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Light, Fresh & Full of Provençal Flavor

Coated with a fragrant blend of fresh herbs, garlic, and a touch of lemon, this French classic brings the taste of the Mediterranean to your table. 



INGREDIENTS

- 4 white fish fillets (cod, tilapia, haddock, or sole)
- 2 tbsp olive oil
- 2 tbsp breadcrumbs (panko works great!)
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh thyme leaves
- 1 tbsp fresh dill or chives, chopped
- 1 clove garlic, minced
- Zest of 1 lemon
- Salt and black pepper to taste
- Lemon wedges for serving



DIRECTIONS

- 1 Preheat oven to 400°F (200°C).
- 2 In a small bowl, mix breadcrumbs, parsley, thyme, dill or chives, garlic, lemon zest, salt, and pepper.
- 3 Brush fish fillets with olive oil and press the herb mixture evenly over the top.
- 4 Place the fish on a lightly greased baking sheet.
- 5 Bake for 12–15 minutes, or until fish is opaque and flakes easily with a fork.
- 6 Serve hot with lemon wedges and your favorite side dishes.



HERBS IN THIS RECIPE



PARSLEY



THYME



DILL OR CHIVES



GARLIC

PERFECT PAIRINGS



ROASTED
VEGETABLES



GARLIC
MASHED POTATOES



FRESH GREEN
SALAD



CRUSTY
FRENCH BREAD

Chef's Tip

For extra flavor, add a splash of fresh lemon juice before serving.



Herb-crusted fish is a simple yet elegant dish inspired by the sunny coastal kitchens of Southern France. Fresh herbs, olive oil, and lemon celebrate the natural flavors of the sea. 



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EVERYTHING HERBAL
by Cheryl Jabz 
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