



Moorddrift
Dairy

ALMOND BAKED FISH

INGREDIENTS

- 1kg steaks of hake
- ¼ tsp mustard
- 125ml grated cheese
- 30ml finely chopped red onion
- 100ml Knorr Italian Robusto Salad Dressing
- 30ml chopped fresh parsley
- 80ml mayonnaise
- Pinch of Robertsons Mixed Herbs
- 1 clove garlic, crushed
- 250ml toasted flaked almonds
- Salt and Pepper to taste

INSTRUCTIONS

Place fish in an ovenproof dish

Mix mayonnaise, mustard and mixed herbs and spread over the fish

Sprinkle cheese, garlic, onions and almonds over the fish and drizzle with Knorr Salad Dressing

Bake at 220°C for 20-30 mins

Remove from the oven and garnish with parsley

Serve with fresh salad greens or vegetables

FRESHER FOR LONGER

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