

The Nutty Whiting

Serve 2 people

6 fillets of whiting,
1/2 cup of breadcrumbs,
1 dessertspoon Italian herbs,
2 dessertspoons of Dukka from health food shops,
1 egg.

Whisk eggs.

Mix breadcrumbs, Italian hers and Dukka In a shallow dish.

Heat vegetable oil until hot but NOT smoking.

Coat whiting with egg then breadcrumb mix

Place in hot pan turning once, cooking time approx 2 minutes, until crumbs are golden brown.

Serve with a garden salad tossed in extra virgin olive oil from Alexandra Bridge, The Margaret River Region. Side dish of Mango Chilli sauce, from The Berry Farm, Rosa Glen W.A.

Thank you all again for this opportunity,

Carol Page-Mills and all the staff from COLOURPATCH