THE LIGHTER PLATE METHOD

Kippers with Lemon & Wholemeal Toast

An old-fashioned British breakfast — smoky, buttery and properly savoury.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
2 min	**10 min**	**12 min**	**2**	**EASY**

Ingredients

- 2 kipper fillets
- 4 slices wholemeal bread
- 1 lemon
- 20 g unsalted butter
- 1 small handful flat-leaf parsley (chopped)
- black pepper

Method

1. Heat the grill to medium-high and line the pan with foil.
2. Sit the kippers skin side down on the foil, dot with half the butter and grill for 4–5 minutes, until hot through and glossy. There is no need to turn them.
3. Toast the bread and spread with the remaining butter.
4. Lift the kippers onto plates, squeeze over plenty of lemon and scatter with parsley and black pepper.

Tips & swaps

- Kippers are already salted, so add none. Foil-lining the grill pan is not optional unless you enjoy scrubbing.

Storage & reheating

Best eaten immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
380	**26g**	**26g**	**20g**	**4g**

Estimated values, for guidance only. Contains: Fish, Gluten, Milk.