



# Fish Fingers

## *Ingredients:*

400 gm white skinless fish fillets

1 egg

85 gm panko breadcrumbs OR fresh breadcrumbs

1 tbsp olive oil

## *Method:*

Pre heat your oven to 180C.

Place a piece of baking or parchment paper onto a baking tray.

Cut your fish into fingers/goujons, or chunks if you prefer.

Make sure all your fish pieces are of similar size.

Dry the fish with some kitchen towel.

Beat the egg in a bowl with a fork.

Place the breadcrumbs in a separate bowl.

Dip the fish pieces into the beaten egg, and then into the breadcrumbs.

Place the breadcrumb fish onto the lined baking tray in one layer.

Drizzle the fish fingers lightly with oil.

Place the tray into the oven and bake for 10-15 minutes until cooked through.

Serve with potato wedges - they are also nice in a wrap with salad.



NOTE –

Any type of filleted fish is fine to use for this recipe.

The fish fingers can be prepared in advance - once breadcrumbed they can be kept in the fridge prior to cooking later that day, or they can be frozen.