

Fish Fingers

Serves
4

Ingredients

300g white fish fillet (cod, haddock, pollock)
50g breadcrumbs (blitz 1-2 slices of bread in a food processor or grate)
1 egg, beaten
50g cornflakes
120g plain flour
Oil for frying



Method

1. Cut the fish fillets into 8 fingers.
2. Set out 3 bowls; one with the beaten egg in, 1 with the flour in and one with the cornflakes and breadcrumbs in.
3. One at a time, coat the raw fish in flour, then dip into the beaten egg mixture before finally coating in the cornflakes or breadcrumbs, making sure you coat all the fish evenly.
4. Carefully fill a frying pan with rapeseed, vegetable or sunflower oil about 1 cm deep to shallow fry. Heat the oil, to test the temperature, drop a cornflake in, it should sizzle slowly and gently brown over 20-30 seconds. If the bread coating browns too quickly and burns, the oil is too hot.
5. Fry the fish for about 3 minutes each side. Be careful not to splash the hot oil.



Nutritional Information (per portion)	
Energy (kcal)	260
Protein (g)	20
Potassium (mg/mmol)	331/8.3
Phosphorus (mg/mmol)	200/6.4
Sodium (mg/mmol)	216/9.3

Tip

Serve with polenta chips and peas.

Be aware of the potassium content in any accompanying vegetables.