

## HOMEMADE FISH FINGERS..YUM



### WHAT YOU'LL NEED (serves 4)

- 600g cod fillets
- 100g breadcrumbs (or GF breadcrumbs)
  - 50g plain flour (or GF flour)
  - 2 medium eggs
- Handful of fresh parsley (finely chopped)
  - Juice of one lemon
  - 1 tbsp olive oil
  - Salt & pepper

## WHAT TO DO WITH ALL THESE INGREDIENTS

1. Cut the cod fillets into 20 fingers. Pour the lemon juice into a bowl, add the fish and toss to coat
2. Mix the flour with pinch of salt and pper in one bowl, put the beaten eggs in another and breadcrumbs and parsley in a third. Roll the fish in the flour first, then the eggs and then the breadcrumbs
3. Heat the olive oil, over the medium heat and shallow fry the fish fingers for 2 minutes each side
4. Serve with chunky chips and tartare sauce

Voila and bon appetit