



Fresh
FISH FINGERS
are so easy to make
and so good to **EAT**

CRUNCHY FISH FINGERS



Preparation time
5 minutes



Cooking time
10–15 minutes



Makes
15 approx.

Ingredients

2 flathead fish tails, cut into smaller 'fingers'
½ cup of plain flour
2 eggs, lightly beaten
1 cup of breadcrumbs
¼ cup of pecorino cheese, finely grated
A little extra virgin olive oil, for frying

Directions

Using a separate bowl for each, place flour in one, beaten egg in another and combined breadcrumbs/pecorino cheese in the third.

One by one, coat lightly each flathead fish finger with the flour, then dip into the egg, then finish coating firmly with breadcrumb mixture.

Using a non-stick frying pan, heat oil over medium heat. Add fish fingers to pan and cook around 2 minutes on each side, or until golden brown and crunchy. The fish fingers will need to be turned with a spatula. Once fish fingers are cooked, place on absorbent paper towel.

These are really good with peas and mashed potatoes.