



FISH FINGERS, POTATOES WEDGES & PEAS



SERVINGS:
2 ADULTS & 2-3 CHILDREN



TIME:
40 MINS



DIFFICULTY:
EASY



COST:
££££

Ingredients:

- 500g skinless, boneless white fish fillet, cut into thumb size strips
- 100g plain flour
- 3 large eggs
- 200g dried breadcrumbs
- Large pinch turmeric
- 1 tbsp vegetable oil
- 600g sweet potatoes
- Crack of black pepper
- 240g peas

Method:

1. Preheat your oven to 200c/180c fan/ gas mark 6
2. Wash the potatoes and cut into wedges
3. Add the wedges to a pan, cover with boiling water & parboil for 8 minutes. Drain in a colander & leave to steam dry for a few minutes
4. Tip the wedges into a roasting tin, add 1 tbsp of oil & a crack of black pepper. Toss to coat the wedges
5. Place in the oven & cook for around 30 minutes, until golden & crisp
6. Set up a production line of 3 shallow dishes- one containing the flour, one for the egg, & one for the breadcrumbs (add the turmeric to this)
7. Dip each finger of fish in the flour, shake off any excess, then coat with the egg & finally roll it in the breadcrumbs until coated
8. Place the fish fingers on a baking tray & bake for around 10-12 minutes (turning them half way through), until golden & cooked through
9. Cook the peas according to the packet instructions
10. Serve and enjoy!

