



Fish fingers and wedges

SERVES: 2

INGREDIENTS



2 medium potatoes
cut into wedges



½ tablespoon canola oil



¼ cup plain flour



¼ teaspoon pepper



¼ teaspoon salt



300 g white skinless fish
(flathead, whiting, flake)



¼ cup milk



1 egg, lightly beaten



½ cup breadcrumbs



Cooking spray



¼ cup tartare sauce



½ lemon, cut into 2 wedges

Preparation

20
mins

Cooking

35
mins

Serving & Presentation

5
mins

Total time:

60 MINUTES

METHOD

- 1 Preheat the oven to 220°C. Line two baking trays with baking paper.
- 2 Place potato wedges onto one of the baking trays. Use a pastry brush to coat the wedges with oil. Bake in oven for 20 minutes.
- 3 Place flour, pepper and salt onto a large flat plate. Stir carefully to combine.
- 4 Cut fish crossways into 10 cm long × 2 cm wide pieces, then toss fish in flour mixture.
- 5 Combine milk and egg in a large bowl. Coat fish in the milk and egg mixture.
- 6 Place breadcrumbs onto a flat plate. Coat fish in breadcrumbs, press crumbs firmly onto fish.
- 7 Place all crumbed fish onto the remaining oven tray. Spread out evenly. Spray with cooking spray.
- 8 Bake fish in oven for 10–15 minutes, until golden. Turn once during cooking.
- 9 Serve with tartare sauce and lemon wedges.

