

Fish Fingers

Serves: 3-4



Equipment:



Mixing bowl,
2 small bowls,
chopping board,
knife,
baking tray

Ingredients:



- 2 salmon fillets
- 2 tbsp. plain flour
- 1 lemon, zested
- 2 slices wholegrain bread
- 2 tbsp. low fat plain yogurt
- Pinch of black pepper
- 2 large sweet potatoes
- 320g frozen peas
- 1 tbsp. rapeseed oil



Method:



1. Preheat the oven to 200°C/180°C Fan/Gas mark 6.
2. Wash the sweet potato and cut into large 'chip' shapes.
3. Place onto a lightly oiled baking tray and bake for 20 minutes.
4. Whilst the chips are baking, toast the bread then crumble into breadcrumbs using your hands.
5. Mix the breadcrumbs with the lemon zest and some black pepper in a bowl.
6. Slice the salmon into 'finger' shapes.
7. Put the flour and yogurt into separate bowls. Roll the salmon pieces in the flour, then dip in the yogurt, and lastly coat with the breadcrumbs.
8. Take the baking tray out of the oven and turn over the chips.
9. Place the fish fingers onto the same tray return to the oven for 10-15 minutes.
10. Boil or steam the peas for 3-4 minutes then serve with the fish fingers and chips.