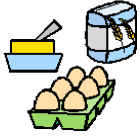
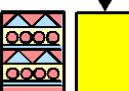


Home-made Fish Fingers




Ingredients



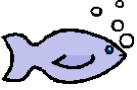
3  ⁺⁺
3 tablespoons

 [↓]
Plain


Flour

1 
1 Egg

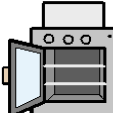
50  ⁺⁺
50 gram Breadcrumbs

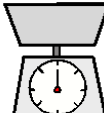
500  ⁺⁺
500 Grams  White  Fish


3  ⁺⁺
3 tablespoons  Olive Oil




Equipment


Oven


Scales

2  ⁺⁺
2 Bowls

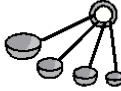

Fork


Freezer Bag

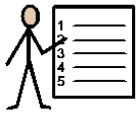

Baking Tray


Spatula




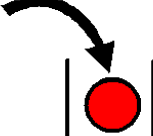

Oven Gloves

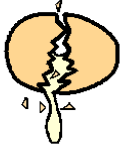
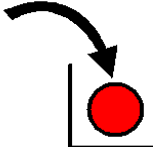



Measuring Spoons


Blue Chopping Board




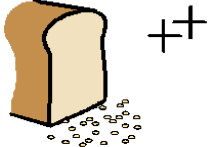

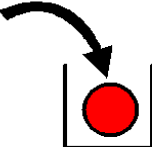
Method

1   and   the freezer bag.

2   a  and  with a

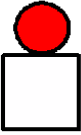
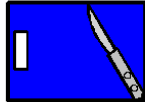

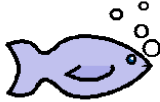
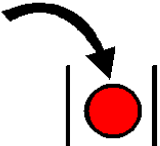


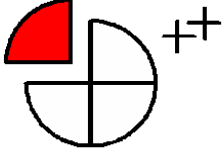
fork.


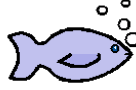
3   and   a different





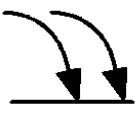
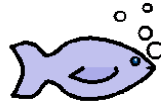
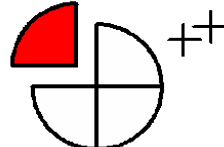
bowl.


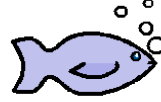

4    the   into



10  ⁺⁺
10 pieces.

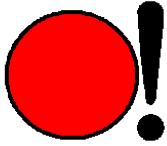
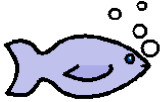
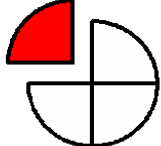
5  Put a piece of the  fish into the freezer bag and

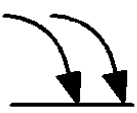

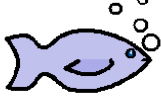
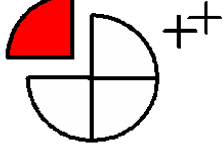
 
turn in the flour.



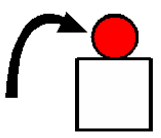
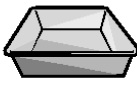
6  Repeat this for all the  fish  pieces.

7  Dip a fish  piece in the  egg mix and


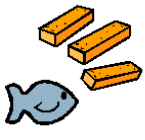
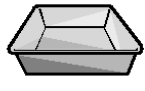
 then put into the  breadcrumbs covering the

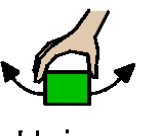


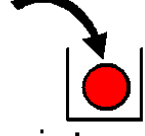
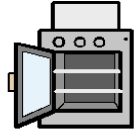
 whole  fish  piece.


8  Repeat for all the  other  fish  pieces

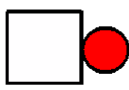

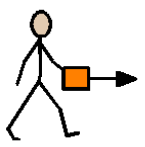
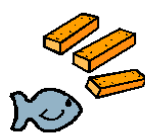
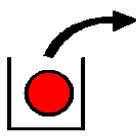
9    
9. Put the olive oil onto the baking tray and spread



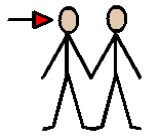
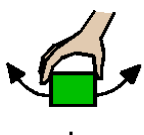

  
around to grease the tray.


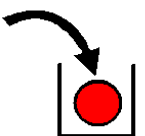
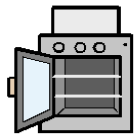
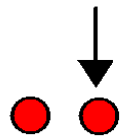

10    
10. Place the fish fingers onto the baking tray.

11     
11. Using the oven gloves put into the oven for


10 minutes.

12     
12. After 10 minutes take the fish fingers out of the

    
oven and turn them over using the spatula.

13     
13. Put back into the oven for another 10 minutes.