



## **FISH FINGERS**

### **Ingredients**

**white fish fillets (cut into strips)**

**2 eggs**

**100g plain flour**

**150g breadcrumbs**

**Salt and pepper**

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## **METHOD**

Preheat the oven to 180C and line a baking tray with baking parchment.

Mix your flour with a little salt and pepper.

Take your fish fillets and one at a time, dip into the flour, then the eggs and finally the breadcrumbs.

Place on your lined baking tray.

Bake for 20 minutes until golden and cooked through.