

Homemade Fish finger Sarnie

Ingredients

150g skinless white fish fillet defrosted or fresh

(halloumi cheese is alternative)

1 beaten egg

1 packet bread crumbs or 3 slices bread

1 tspn olive oil

2 small wholemeal rolls or 4 slices wholemeal bread **no nutty or seeded bread please.**

Small handful of salad leaves

Extend yourself!!

Make your own tartare sauce

2-3 tbspn light mayonnaise

1 tbspn gherkins chopped

1 tspn capers rinsed and chopped

Method

1. Heat the oven to 200°C gas 6.
2. Make the breadcrumbs by blitzing them in the food processor until they are finely chopped. Place them on a plate.
3. Cut the fish into finger size pieces both length and width.
4. Dip in the beaten egg and then roll them in the breadcrumbs until evenly coated.
5. Place them on a greased oven proof tray and put them in the oven to cook for about 15 minutes, turning them half way through so they don't burn.
6. Make up the Tartare sauce. Chop the gherkins and the capers finely and mix with the mayonnaise.
7. Place two to three of the cooked fish fingers onto one of the slices of bread or base of the roll, dollop a spoon of Tartare sauce on top of them and then add some of the fresh salad leaves. Put the top on the roll or sandwich and ENJOY!!!

