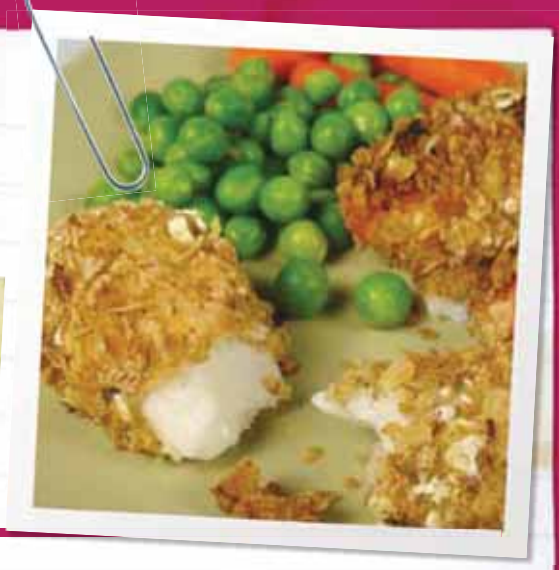
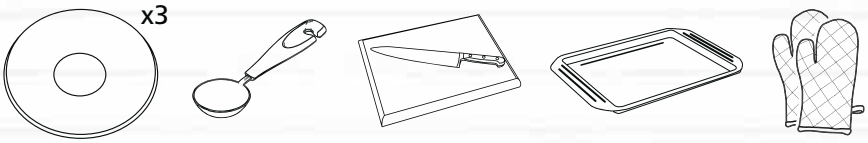
Crunchy Fish Sticks



Ingredients

- 2 x 15ml spoon plain flour
- 2 x 15ml spoons plain yogurt
- 2 x 15ml spoon oats
- 4 x 15ml spoons wholemeal breadcrumbs
- 1 x 5ml spoon mixed herbs
- pinch of ground black pepper
- 1-2 fillets (250–300 g) of fish, such as haddock, pollock or salmon

Equipment

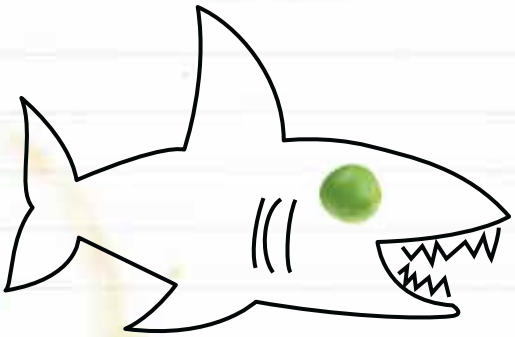
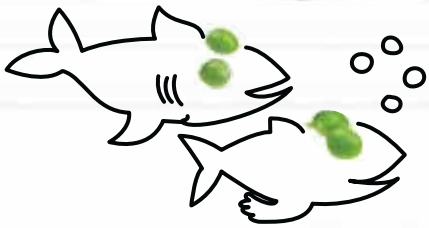


Method

1. Preheat the oven to 200°C or gas mark 6.
2. Put the flour on one plate, and the yogurt on a second plate.
3. Mix the oats, breadcrumbs, herbs and black pepper together on the third plate.
4. Cut the fish into 'fingers' – thin strips you can easily bake.
5. Dust the fingers in the flour so the fish is lightly coated.
6. Dip the fingers into the yogurt so that they are slightly sticky.
7. Roll the fingers in the breadcrumb mix until they are covered evenly.
8. Place on the baking tray and bake for 10-15 minutes.

Top Tips

- Add the zest of a lemon or lime to the breadcrumb mix for a tangy twist.
- Here's a great way to use up stale bread: make your own breadcrumbs! Put a slice of bread into a food processor or carefully use a grater.
- Serve with fiery wedges and peas.

Skills

- Measuring ☑
- Handling fish ☑
- Adding a coating ☑
- Using the oven ☑