

## Coley fish fingers

### Ingredients

- 6 cream crackers
- 1 fillet of coley, skinless  
(200g approximately)
- 3 x 15ml spoons plain flour
- 1 egg



### Equipment

Sandwich bag, 2 x plates, vegetable knife, chopping board, small bowl, fork, baking tray with non-stick mat or greased, oven gloves.

### Method

1. Preheat the oven to 200°C or gas mark 6. (Adult)
2. Place the crackers into the bag and gently crush them to make crumbs.
3. Pour the cracker crumbs onto a plate.
4. Cut the fillet into fish finger size pieces. (Adult with child)
5. Pour the flour on to a plate.
6. Crack the egg into a bowl and whisk.\*
7. Using one hand, coat the fish in the flour, egg and then the crumbs.
8. Place the fish fingers on the baking tray.
9. Bake in the oven for 25 minutes. (Adult)
10. Remove from the oven using the oven gloves. (Adult)
11. Serve.

### Makes:

4-6 fish fingers

### Suggestions:

Serve with a salad or potato wedges and peas.

### \*Top tip:

To help keep the bowl still, place a damp paper towel under the bowl when whisking.