

Fancy fish fingers



Ingredients

- 1 x 5ml spoon mixed herbs
- 3 x 15ml breadcrumbs
- 1 salmon fillet, skinned
- 1 x 15ml spoon plain flour
- 2 x 15ml spoon, low fat plain yogurt



Equipment

Baking tray, 5ml spoon, 15ml spoon, 2 small bowls, chopping board, sharp knife, 2 plates, oven gloves, fish slice.

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Grease or line the baking tray.
3. Mix the herbs and breadcrumbs together.
4. Cut the fish into 4 'finger-sized' pieces.
5. Dust each 'finger' in the flour.
6. Dip each 'finger' in the yogurt.
7. Roll each 'finger' in the herbs and breadcrumbs.
8. Place on a baking tray and bake for 15-20 minutes.
9. Serve.

Handy hints

- Wash your hands thoroughly after handling raw fish.
- Check that the fillet carefully to make sure there are no bones.
- Try a haddock fillet instead of salmon.
- Serve with salad in a pitta pocket.
- Go spicy! Instead of the herbs, add ½ x 5ml spoon of mild curry power to the breadcrumbs.

Make 4 'fingers'