

# Crispy Fish Fingers

This should take about **45 minutes**

## You will need:

- vegetable oil
- 1 egg
- 1 slice day old bread
- 2 tbsp polenta (quick cook, dried)
- 3 tbsp plain flour
- Pinch paprika
- 1 white fish fillet (skinned and boned)
- $\frac{1}{2}$  lemon (ask an adult to cut this for you) or lemon juice



## Method:

1. Weigh and measure the ingredients.
2. Grate the bread into bread crumbs and put these into a bowl.
3. Add the polenta and black pepper to the breadcrumbs.
4. Mix together with the spoon.
5. Put the plain flour and a pinch of paprika into another bowl and mix.
6. Place some baking paper onto a baking tray and brush with vegetable oil.
7. Cut the fish fillet into strips about 3 cm wide using the scissors.
8. Squeeze the lemon juice all over the fish pieces.
9. Break the egg into another bowl and mix it well with the fork.
10. Arrange the three mixing bowls in order.
11. Turn and roll each fish strip in the flour bowl, then the egg bowl and finally the polenta mix bowl.
12. Put the fish on the oiled baking paper.
13. Put the fish in the oven for 10 - 12 minutes.
14. Serve with fresh vegetables.