

# Delicious Dinners

## Fish Fingers



### Homemade Fish Fingers

#### Ingredients:

2 cod or haddock fillets  
1 cup milk  
1 large potato  
Large handful fresh parsley  
½ teaspoon dried dill  
Squeeze lemon juice  
Black pepper  
1 egg  
2 slices stale brown bread

#### Equipment:

Oven and oven gloves  
Baking tray  
Tin foil  
Pan  
Chopping board  
Knife  
Colander  
Potato masher  
Bowls  
Spoons  
Food processor

#### Method:

1. Pre-heat the oven to 160°C.
2. Line a baking tray with tin foil.
3. Place milk in the pan and gently heat.
4. Add the fish fillets and simmer gently for 5 minutes, until just cooked.
5. Drain and set aside to cool.
6. Meanwhile peel and chop the potato.
7. Bring pan of water to the boil and add potato. Cook for 5 – 10 minutes until soft.
8. Drain and mash.
9. Finely chop parsley.
10. Break up fish and add to mashed potato with chopped parsley, dill, lemon juice and black pepper to taste.
11. Mould the fish and potato mixture into fingers.
12. Beat egg and make bread into breadcrumbs using a food blender.
13. Add the beaten egg to one shallow bowl and the breadcrumbs to another.
14. Dip the molded fish fingers first in egg and then in breadcrumbs, place on baking tray.
15. Bake for 5 - 8 minutes and turn, bake for a further 10 minutes until golden brown.

... Serve with homemade chips, peas and tomato salsa!