

Crispy Fish Fingers

Ingredients - serves 4

1 small lemon
3 slices wholemeal bread
2 teaspoons dried mixed herbs
3 tablespoons plain flour
Ground black pepper
1 egg
A little sunflower oil
450g cod fillets, skinned

For the tomato sauce:

1 small red onion
1 clove of garlic
400g can chopped tomato
2 tablespoons fresh parsley

1. For the sauce, peel the onion and cut it in half. Slice it, and then chop it into small pieces. Peel and crush the garlic. Put the garlic, onion and tomatoes into a pan.
2. Heat the mixture until it boils, then turn down the heat. Let it simmer for 15-20 minutes, stirring it occasionally. For the fish fingers, finely grate the rind of the lemon.
3. Put the bread in a large bowl. Carefully use a hand-held blender to make it into breadcrumbs. Stir in the rind and herbs. Tip the mixture onto a large plate.
4. Put the flour onto another plate. Mix in a pinch of ground black pepper. Break the egg into a shallow bowl. Carefully whisk it with a fork.
5. Heat the oven to 200 C, or gas mark 6. Use a paper towel to wipe oil onto a baking tray. Using kitchen scissors or a knife cut the cod across into strips about 2cm wide.
6. Take one strip of fish and dip it into the flour, coating it on both sides. Then, coat it in egg, then in the breadcrumb mixture. Put it onto a baking tray.
7. Coat all the strips of fish in flour, then egg, then breadcrumbs and put them onto the tray, spacing them apart. Bake them in the oven for 5 minutes.

8. Take the fish fingers out of the oven. Using a fish slice, carefully turn over each one. Put them back in the oven for 5 minutes until they are crisp and golden.

9. Cut the fresh parsley into small pieces and add it to the sauce. Use a hand held blender to blend the sauce. Then, tip it into a dish to serve with the fish fingers.

