

MAKE FABULOUS FISH NUGGETS

Serve with your favourite vegetables, a wedge of lemon and your favourite sauce to dip your nuggets!



This is a super-simple, tasty recipe that you can make yourself, with a little help from an adult. It can get a bit messy so make sure you wash your hands and wear an apron!



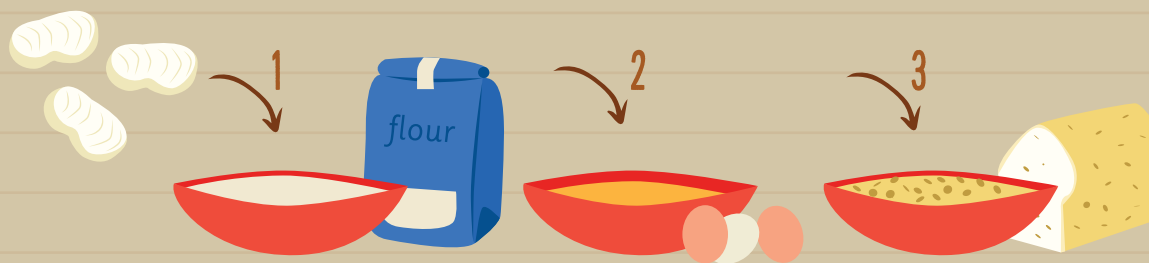
RECIPE

Preheat the oven to 200 degrees / gas mark 6. Drizzle a little oil on a baking tray.

Get an adult to help you grate the bread or put it in a food processor to make breadcrumbs. If you like, you could add some herbs or spices to the breadcrumbs. Why not try black pepper, fennel, parsley or even chilli?



Line up the flour, egg and breadcrumbs in three bowls next to each other, with the baking tray at the end. Take a fish chunk and dip it into the flour, then the egg, then the breadcrumbs. Make sure the piece of fish is covered at each stage.



Put on the baking tray and repeat with all the fish chunks. Put them in the oven for 15-20 minutes, until golden and cooked through.



INGREDIENTS

250g chunky MSC fish fillet, de-skinned and chopped into 1-inch pieces e.g. tuna, salmon, cod, or pollock
1 egg
approx 40g flour
2 slices of bread/breadcrumbs
Herbs and spices (optional)
Olive or vegetable oil
Lemon wedges

This recipe serves 2-3 children