

Difficulty:  
Easy



Time:  
30 minutes



# Fish finger sandwich

with peas



**Allergens: gluten, fish**

## What is it?

A traditional Friday favourite in Great Britain! Making your own fish fingers will give you a great sense of achievement instead of grabbing some out of the freezer.

**AVERAGE COST  
PER PERSON**

**£1.42**

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Egg	1	1	1
Breadcrumbs	40g	60g	80g
Lemon	1	1	1
Oregano	1 tsp	1 tsp	1 tsp
White fish (strips)	200g	300g	400g
Mayonnaise	2 tbsp	3 tbsp	4 tbsp
Peas	100g	150g	180g
Bread roll	2	3	4

## Kit list:

- Shallow dish
- Plate
- Oven tray

## Make it your own!

You could swap the mayo for your favourite sauce; tartar, ketchup, whatever you like best!

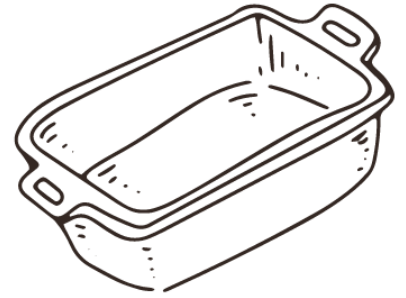
**Celebrate Family  
Food**

Charity no.  
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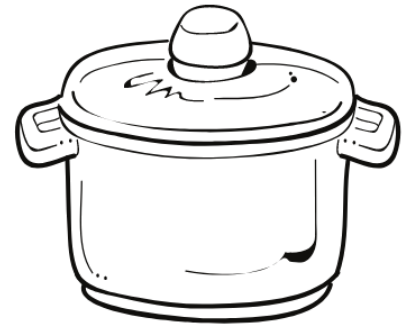
# What to do:

**Step 1:** Heat oven to 200 degrees (gas mark 6). Pour the egg into a shallow dish and beat to mix it up. Tip the breadcrumbs onto a separate plate. Zest the lemon and add to the breadcrumbs along with the oregano and some salt and pepper.



**Step 2:** Dip the fish strips into the egg, then roll them in the breadcrumbs. Transfer to a lined oven tray and bake for 20 mins until golden.

**Step 3:** Meanwhile, mix the mayo with a squeeze of lemon juice. Cook the peas in the microwave or a pan of boiling water for 5 minutes.



**Serve:** Cut your bread roll in half and load up with fish fingers straight from the oven. Add a spoonful of lemony mayo on top, and then scoop a side of peas onto your plate. Tuck in!



What did you think of this recipe? Colour in the stars to give it a rating!

