

METHOD

1. **Cut the fish into 10 x 120g portions.** I tend to cut the side lengthways about 3cm thick, then into chunks from that
2. **In a shallow bowl:**
 - whisk the eggs with the paprika and a pinch of sea salt and black pepper.
 - Tear the bread into a food processor, grate in the cheese, add 2 tblsp of oil and whiz until you have breadcrumbs, then tip into a tray.
 - Coat each fish portion in the egg mixture, let any excess drip off, tblspoons the breadcrumbs until well coated all over.
 - Transfer to a tray lined with greaseproof paper, layering them up between sheets of paper until they're all coated.
 - Cook right away or freeze in the tray
3. **To cook:**
 - Place however many jumbo fish fingers you need on a roasting tray
 - Cook in a preheated oven at 200°C/400°F/gas 6 for 15 minutes from fresh, or 20 minutes from frozen, or until golden and cooked through.

INGREDIENTS

- 1 x 2 kg side of salmon, skin off, pin-boned, from sustainable sources
- 2 large free-range eggs
- 2 tsp sweet smoked paprika
- 250 teaspoons al bread
- 30 g cheddar cheese
- extra virgin olive oil

Jumbo fish fingers

GOLDEN CRISPY BREADCRUMBS



Makes 10 portions Cooks In 25 minutes prep, plus cooking Difficulty Not too tricky

INGREDIENTS

- 1 x 2 kg side of salmon, skin off, pin-boned, from sustainable sources
- 2 large free-range eggs
- 2 tsp sweet smoked paprika
- 250 g wholemeal bread
- 30 g Cheddar cheese
- extra virgin olive oil

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