

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 ~~tsps~~ sweet smoked paprika
 - 250 g wholemeal bread
 - 30 g Cheddar cheese
 - extra virgin olive oil
-

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, then turn in 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 – once frozen, you can pop them into a tub or sandwich bags for easier storage.
 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.
-

User Comments

Enter a comment: _____

Name:

Comment:



All comments:

This is a very fun recipe to follow.

- Ahmed Z.

This is my favorite recipe. I enjoy it.

- Karim K.

Sign-up to receive new recipes:

Personal Information _____

Name:

Email:

Types of recipes _____

Breakfast ☐ Lunch ☐ Dinner ☐

LINKS

[Search for other fish fingers recipes](#)