

# Crispy Fish Fingers

**Serves:** 8

**Prep:** 15 mins

**Cook:** 10 mins



**Dietary:** NF, GF

**Allergens:** Fish, Dairy, Egg

**Age group:** 8 months+

# Crispy Fish Fingers

## Ingredients

- 680g fish filet of choice (salmon, snapper, flathead, barramundi, cod), skin off, no bones
- 1 ½ cups (135g) rice breadcrumbs
- ½ cup (60g) cornstarch or arrowroot
- 2 eggs
- ¼ cup (60ml) milk of choice
- Extra virgin olive oil, for frying

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## Tips

- ✓ **Allergies:** For an egg-free version: Swap eggs for an extra ¼ cup of milk and dip the fish in milk only, before dipping in the breadcrumbs. For a dairy-free version: Swap cow's milk for a calcium fortified dairy-free alternative such as soy, oat or coconut milk.
- ✓ **For a vegetarian version:** Swap fish for firm tofu.
- ✓ **Additional Boosters:** Swap ½ of the breadcrumbs for pumpkin seed meal or crushed mixed seeds of choice.
- ✓ **Baby-Friendly Version:** Serve mashed or in finger food-sized pieces.

## Method

1. Cut the fish filet into finger-sized pieces and set aside.
2. In a medium-sized bowl, place the cornstarch.
3. In a separate bowl, place the rice breadcrumbs.
4. In a shallow bowl, combine the milk and eggs and whisk together using a fork.
5. Dip each fish piece separately into the cornstarch or arrowroot, then into the egg mix and finally into the breadcrumbs. Press down firmly to ensure that each fish finger has a thick coating of the breadcrumb mix.
6. Coat a large frypan with 1-2 tbsp of olive oil and set over medium heat.
7. Cooking in batches, fry the fish fingers for approx. 3-4 mins on each side or until golden brown. Drain on paper towel.

**Serving Suggestion:** Serve with sweet potato wedges or mash, a homemade dip such as tzatziki and steamed vegetables.

**Storing leftovers:** Store in an airtight container in the fridge for up to 3 days or freeze for up to 4 months.