
















Fish fingers (served with oven chips)





Equipment	Ingredients
Mixing bowl 	6 strips of cod 
Whisk 	1 egg 
Plate 	50g breadcrumbs 
Scale 	A pinch of salt 
Measuring spoons 	A pinch of pepper 
Baking tray 	1 tbsp olive oil 
Tongs 	



Method

1. Crack and beat the egg



2. Put breadcrumbs, salt and pepper in a plate



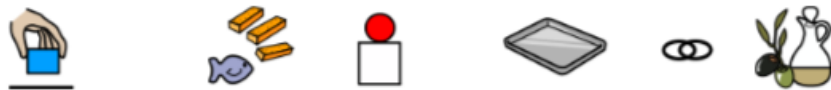
3. Dip the cod pieces in the egg



4. Roll the fish finger in the breadcrumbs



5. Place the fish fingers on the baking tray with olive oil



6. Bake at 220 degrees until golden brown





Crack and beat an egg: <https://www.youtube.com/watch?v=JpS5qSzx08s>

Roll fish in egg and breadcrumbs: https://www.youtube.com/shorts/VUyVZy34_tc