



I Can Cook

# Crispy Fish Fingers

Recipe by Kate Morris and  
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## You will need

- Vegetable oil
- 1 Egg
- 1 Slice day old bread
- 2tbsp Polenta (quick cook, dried)
- Pinch of paprika
- 1 White fish fillet (skinned and boned)
- 1/2 Lemon or lemon juice



Remember to ask  
a grown-up for help

1

Before cooking, wash your hands and put on an apron. Weigh and measure the ingredients.

2

Using a grater, turn the bread into bread crumbs and put these into a bowl. Add the polenta and black pepper. Mix together with the spoon.

3

Put the plain flour and a pinch of paprika into another bowl. Mix. This is the first layer of coating on your fish. Place some baking paper onto a baking tray. Brush generously with vegetable oil.

4

Now cut the fish fillet into strips about 3 cm wide using the scissors (remember to ask a grown-up to help you). Squeeze the lemon juice all over the fish pieces. Break the egg into another bowl and mix it well with the fork.

5

You should now have three bowls, one containing the flour, one the egg and the last the polenta. Arrange them next to each other in this order. Now in turn, roll each fish strip in the flour bowl, and then the egg bowl, then the polenta mix bowl. Then put it on the oiled baking paper.

6

You will need to ask a grown-up to help with this part. Place in a pre-heated oven at 200°C (fan oven)/220°C/Gas 7 for 10 - 12 minutes or until the fish is cooked through.