

# Jake's Fun Fish Fingers

Enjoy these tasty fish fingers as a real pirate treat!

## Ingredients

Approximately 500g skinless and boneless white fish, such as haddock

100g plain white flour

3 large eggs

200g breadcrumbs

Dribble of vegetable oil

## Equipment

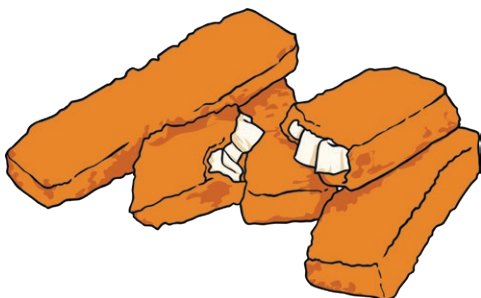
Knife

Chopping board

3 bowls

Fork

Baking tray



## Method

1. Pre-heat your oven to 200°C/180°C fan/gas mark 6.
2. Brush your baking tray with a little oil.
3. Carefully cut your pieces of fish into finger-sized strips.
4. Crack your eggs into a bowl and beat them with a fork.
5. Place the plain flour in a different bowl.
6. Place the breadcrumbs in the final bowl.
7. Take one strip of fish. Place it in the flour bowl and coat each side of the fish in the flour.
8. Dunk the coated strip of fish into the egg bowl.
9. Roll the strip of fish in the breadcrumbs bowl until it is fully covered on both sides.
10. Repeat this with each strip of fish.
11. Place each strip of coated fish onto the baking tray.
12. Cook your fish fingers for 10-12 minutes. Turn halfway through. The fish fingers are ready when they are cooked through and are golden brown.
13. You can then enjoy your fish fingers by dunking them into a sauce of your choice or putting them in a pirate sandwich!