

# Crunchy Fish Goujons

## Ingredients:

- 1 pack of white fish
- 3 handfuls of cornflakes
- 3 handfuls of breadcrumbs
- $\frac{1}{2}$  teaspoon parsley
- 1 egg
- 2-3 tablespoons sunflower oil, for frying



## Method:

1. Cut the fish into little finger-sized pieces.
2. Make breadcrumbs in the food processor
3. Put the cornflakes in a sandwich bag and crush cornflakes using a rolling pin
4. Mix the breadcrumbs and cornflakes in a bowl
5. Beat the egg in a bowl
6. Dunk the fish fingers in the egg, and roll in the breadcrumbs and cornflake crumbs mixture until well coated. Sit on a clean plate and continue with remaining fish.
7. To cook, heat the oil in a large frying pan and add the fish fingers. Fry for  $1\frac{1}{2}$  -2 minutes each side, until golden and cooked through. Transfer to a plate lined with kitchen paper and cool slightly before serving.