

# Crispy Fish Fingers

Rating: ★★★★★

Dietary: GF, NF

Allergens: Fish, Dairy, Egg

Age group: 8 months+

Mealtime: Lunch, Dinner

Difficulty level: Beginner

Serves: 8  
(3 fingers per child)

Prep: 15 mins

Cook: 10 mins



# Crispy Fish Fingers



Gluten Free



Nut Free

## Tips:

### Prep tips:

For larger quantities, crumb whole fish filets and fry, then cut into strips. They can be baked in the oven at 180°C for 25-30 mins instead of fried but they will be less crispy.

### 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 coconut, soy or oat milk.

### For a vegetarian version:

Swap fish for firm tofu.

### Easy ingredient swaps:

Swap rice breadcrumbs for wholemeal breadcrumbs and cornflour for wholemeal spelt flour if you don't require the recipe to be gluten-free.

### Additional boosters:

Swap ½ of the breadcrumbs for pumpkin seed meal or sesame seeds.

### Baby-friendly version:

Serve mashed or cut into finger food-sized pieces.

### For fussy eaters:

Use white fish and ensure the fish fingers are crispy and crunchy.

## 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

## 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.

## Mandy's 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.