



LIFELINE RECIPES

March 2022



Fish finger sandwiches... but not as you know them! These spicy fajita-seasoned homemade cod fish fingers with mayonnaise in a crusty bun are moreishly good.

METHOD

Mix the fajita seasoning with the flour and some salt and pepper in a bowl. Put the beaten eggs and the breadcrumbs in two separate bowls, then line all three bowls up.

Working in batches, coat the fish in the seasoned flour, then shake off any excess and dip in the egg, followed by the breadcrumbs. Place the coated fish fingers on a plate.

Pour enough oil into a large frying pan so that it covers the base. Heat the oil over a medium-high heat, then fry the fish fingers in batches until golden and cooked through (approx 3 mins). Drain on kitchen paper and season with sea salt. Transfer them to a low oven to keep warm.

Spread each roll with 1 tbsp of mayonnaise and a handful of lettuce, then build up your sarnies with the hot fish fingers, tomatoes and gherkins. Serve with lemon wedges for squeezing over and kitchen paper.



FISH FINGER SANDWICHES

PREPARATION TIME:

20 mins

COOKING TIME:

15 mins

SERVES:

4

INGREDIENTS

30g pack fajita seasoning

50g plain flour

2 large eggs, beaten

100g dried breadcrumbs

500g skinless and boneless cod, cut into chunky fish fingers cod

oil, for frying

4 white crusty bread rolls, sliced in half

4 tbsp mayonnaise

TO SERVE

½ iceberg lettuce, shredded

tomatoes

gherkins

lemon wedges