

Crispy Fish Fingers

Ingredients

4 Frozen Haddock Fillets
200g Puffed Rice Cereal e.g. Rice Krispies
Smoked Paprika
Black Pepper
Olive Oil
1 egg
100g Flour



Method:

Step 1: Take the haddock fillets out the freezer and allow to thaw for a few hours prior to assembling. (I use frozen because it's less smelly and more affordable). Once slightly thawed, cut the haddock into strips.

Step 2: Place the rice cereal in a ziplock bag and smash with a rolling pin. Pour onto a plate and add a glug of olive oil, smoked paprika and black pepper. Stir and set aside.

Step 3: Add plain flour to another plate and 1 egg to a third.

Step 4: Using one hand coat the haddock strips in the flour, then the egg and finally with the other hand cover the strip with the crumbs.

Repeat for each haddock strip.

Cook in the oven for 20mins.