

Crumbed Fish or Fish Fingers



A crunchy, delicious, and healthier alternative to a classic that the kids will love.

Ingredients

800 g Barramundi or Flathead fillets, cut into fingers

1 tsp garlic powder

1/4 cup potato flour

1 egg

1/2 cup quinoa flakes

1/4 cup parmesan cheese, grated

2 cups frozen peas

1 potato, peeled, cut into thirds

1 tbsp butter

Method:

1. Season fish fingers with salt, pepper, and garlic powder.
2. In a shallow bowl, add the potato flour. In a second bowl, whisk the eggs. In a third bowl,

combine the quinoa flakes with parmesan.

3. Dip fish in the potato flour, dusting off excess, followed by the egg then coat with the quinoa mix. Set aside on a tray.
4. Heat oil in a small frying pan over medium heat. Fry the fish for 1-2 minutes on each side. When golden, remove from the pan and drain on a rack lined with a paper towel.
5. Alternatively, fish fingers can be lightly sprayed with oil and baked in an oven at 180C for 10-15 minutes.
6. To make the mushy peas, cook the potato in a pot of boiling water. When potatoes are tender, add the frozen peas and simmer for 3-4 minutes. Drain, transfer to a bowl, add butter and crush the peas and potatoes with a fork. Season to taste.