



Ingredients

300g white fish fillet (cod, haddock, pollock)

50g breadcrumbs (blitz 1-2 slices of bread in a food processor or grate)

1 egg, beaten

50g cornflakes

120g plain flour

Oil for frying



Method

- 1. Cut the fish fillets into 8 fingers.
- 2. Set out 3 bowls; one with the beaten egg in, 1 with the flour in and one with the cornflakes and breadcrumbs in.
- One at a time, coat the raw fish in flour, then dip into the beaten egg
 mixture before finally coating in the cornflakes or breadcrumbs, making
 sure you coat all the fish evenly.
- 4. Carefully fill a frying pan with rapeseed, vegetable or sunflower oil about 1 cm deep to shallow fry. Heat the oil, to test the temperature, drop a cornflake in, it should sizzle slowly and gently brown over 20-30 seconds. If the bread coating browns too quickly and burns, the oil it too hot.
- 5. Fry the fish for about 3 minutes each side. Be careful not to splash the hot oil.



Nutritional Information (per portion)	
Energy (kcal)	260
Protein (g)	20
Potassium (mg/mmol)	331/8.3
Phosphorus (mg/mmol)	200/6.4
Sodium (mg/mmol)	216/9.3



Serve with polenta chips and peas.

Be aware of the potassium content in any accompanying vegetables.