

Ingredients needed for: ____/____/____ Name: _____

FISH GOUJONS

Ingredients

50g plain flour
2 eggs
100g breadcrumbs
½tsp cayenne pepper (optional)
2 fillets lemon sole (or other white fish)
Salt and pepper

Equipment

Mixing bowl
Whisk
Teaspoon
Knife
Chopping board and mat
Spoon
Jug
Baking tray + paper

Method

1. Preheat the oven to 180oC/Gas 5.
2. Slice the fish into 'finger-sized' pieces.
3. Sprinkle the flour onto a plate.
4. Beat the eggs in a bowl. Mix together the breadcrumbs and cayenne pepper until well combined, then sprinkle the mixture onto a separate plate.
5. Season the fish/chicken pieces, to taste, with salt and freshly ground black pepper.
6. Dredge each piece of fish first in the flour, then dip it into the beaten egg, then roll it in the breadcrumbs until completely coated.
7. Place onto the baking tray and bake for 15-20 minutes until golden and cooked through.

If you prefer a vegetarian alternative, you can use halloumi or paneer cheese, or alternatively aubergine, baby sweetcorn or courgette, all cut into long pieces.