



Recipe

Salmon Fillet Fingers

Everyone loves a fish finger and these ones are extra special because they're made with Omega-3 rich salmon! Delicious.

Preparation time: 25 minutes
Cooking time: 15 minutes
Serves: 4 with two fingers each (fewer if you're very hungry)

Ingredients

4 BigFish salmon fillets (defrosted)
2 large free-range eggs
2 tsp sweet smoked paprika
250g wholemeal bread
30g strong flavoured Cheddar cheese, grated
extra virgin olive oil

Tartar sauce

4 tbsp mayonnaise
3 tbsp capers, drained and chopped
3 tbsp gherkins, drained and chopped
1 small shallot, finely chopped
Squeeze of lemon juice
3 tbsp finely-chopped fresh parsley

Method

1. Preheat the oven to 200°C/400°F/gas 6.
2. Remove the skin from the salmon portions and cut each one in half, lengthways. The fillets may not be uniform in shape or size but that's part of the charm of home-made fish fingers!
3. Whisk the eggs in a bowl with the paprika, adding a pinch of sea salt and fresh black pepper.
4. Break up the bread and put in a food processor, then add the cheese and two tbsp of oil. Process until you have breadcrumbs and then put these in a baking tray or shallow bowl.
5. Coat each salmon portion in the egg mixture, let any excess drip off then turn in the breadcrumbs to coat well all over. Now transfer to a tray lined with greaseproof paper.
6. Put your fingers on a roasting tray and cook in the oven for 15 minutes until golden and cooked through.
7. To make the tartar sauce, simply combine all the ingredients in a bowl and mix well.
8. Serve your fingers in buttered bread buns, a warmed ciabatta or some lovely sourdough bread, adding a handful of green leafy salad and a lovely dollop of tartar sauce.

With thanks to [Jamie Oliver](#) for the inspiration!