

Fish fingers with veggies and pea dip

INGREDIENTS

4 portion(s)

FISH FINGERS

350 g	pollack filet (or another white cod fish)
100 ml	wheat flour
1.5 tsp	curry powder
2	eggs
3 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>
75 g	<u>Kikkoman Panko - Japanese style crispy bread crumbs</u>

PEA DIP

200 g	frozen peas
20	mint leaves
25 g	butter
2 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>
	Mixed raw vegetables
	Fresh mint
	Lime

PREPARATION

Step 1

Cut the fish into strips. Mix flour and curry powder and mix eggs and soy sauce. Dip the fish fingers in the flour mix, then in the egg mix and then in panko breadcrumbs.

Step 2

Fry the fish fingers in 170°C hot oil for 3-4 minutes or until golden. Place the fish fingers on kitchen towel and season with salt.

Step 3

Boil the peas for 2-3 minutes and drain. Blend the peas with butter, soy sauce and mint.

Step 4

Serve fish fingers with raw vegetables, pea dip and perhaps french fries.