

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 Kikkoman Naturally

Brewed Soy Sauce

75 g Kikkoman Panko -

Japanese style crispy

bread crumbs

PEA DIP

200 g frozen peas20 mint leaves

25 g butter

2 tbsp Kikkoman Naturally

Brewed Soy Sauce 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.