

Serve with your favourite vegetables, a wedge of lemon and your favourite sauce to dip your nuggets!



RECIPE

Preheat the oven to 200 degrees / gas mark 6. Drizzle a little oil on a baking tray.

Get an adult to help you grate the bread or put it in a food processor to make breadcrumbs. If you like, you could add some herbs or spices to the breadcrumbs. Why not try black pepper, fennel, parsley or even chilli?



Line up the flour, egg and breadcrumbs in three bowls next to each other, with the baking tray at the end. Take a fish chunk and dip it into the flour, then the egg, then the breadcrumbs. Make sure the piece of fish is covered at each stage.



This is a

apron!

super-simple, tasty

recipe that you can

make yourself, with

a little help from an

adult. It can get a

bit messy so make

sure you wash your

hands and wear an



Put on the baking tray and repeat with all the fish chunks. Put them in the oven for 15-20 minutes, until golden and cooked through.



INGREDIENTS

250g chunky MSC fish fillet, de-skinned and chopped into 1-inch pieces e.g. tuna, salmon, cod, or pollock 1 egg approx 40g flour 2 slices of bread/breadcrumbs Herbs and spices (optional) Olive or vegetable oil Lemon wedges

This recipe serves 2-3 children

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