

# PaediaSure Shake

Balanced nutrition for the fussy eating phase



# CRUNCHY FISH BITES

SERVES: 4

## Ingredients

- 500g firm white fish (e.g. cod or haddock) or salmon
- 4 slices of bread, preferably a few days old
- 1 egg
- 2 tbs milk
- 2 tbs plain flour
- Salt and pepper to taste

## Method

1. Preheat the oven to 180°C / gas mark 5 and line a baking tray with baking paper.
2. In a bowl, beat the egg and milk together.
3. Tear the bread into rough chunks and whiz it in a food processor until you have fine breadcrumbs. Place in another bowl.
4. Cut the raw fish into chunks or fingers and leave it on the chopping board.
5. Put the flour into a third bowl and line up the fish, flour, egg, crumbs and tray.
6. Dip each piece of fish into every bowl, making sure it is fully coated and place it on the tray.
7. Bake for 10-15 minutes, until crispy.
8. Serve with your child's favourite sauce or dip.

**TIP:** Use panko crumbs for extra crunch – available from most supermarkets.