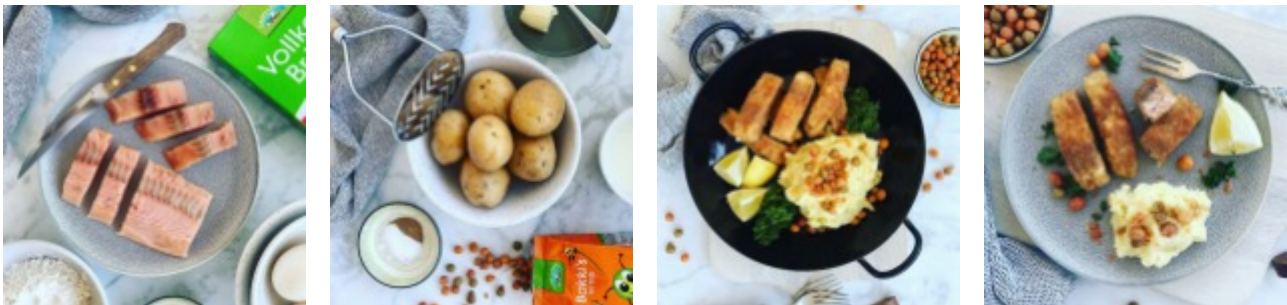


Recipes

Fish fingers with crunchy potato purée

Fish is a valuable source of nutrition for adults and children alike. Salmon is particularly rich in omega-3 fatty acids and an important source of protein. And to ensure the little fish tastes good too, we coat it in wholemeal breadcrumbs and serve with crunchy potato purée.



Fish fingers with crunchy potato purée

Preparation time: 50 minutes

Serves 4

Ingredients:

Fish Fingers:

- 500g Wild salmon fillet
- 100g Wheat Flour
- 150g **Whole Wheat Breadcrumbs**
- 2 Eggs
- Pinch of Salt
- Flavourless cooking oil, e.g. sunflower or rapeseed oil
- 1 Lemon

Crunchy potato purée:

- 800g Potatoes
- 150ml Milk
- 1 Walnut-sized portion of butter
- ½ tsp. Salt
- Pinch of nutmeg
- 5 tbsp. **Bakkis**

Preparation:

- Cook the unpeeled potatoes in water for approx. 25 minutes.
- Whisk egg with a little salt. Cut salmon fillet into even-sized strips, coat in flour and egg, and then in wholemeal breadcrumbs. Gently fry in oil until golden-brown.
- Briefly rest on kitchen towel to keep the fish fingers crispy.
- Meanwhile rice or mash the potatoes, and stir in milk, butter, salt and a pinch of nutmeg.
- Crumble half of the Bakkis and stir into the potato purée.
- Slice lemon.
- Serve fish fingers with crunchy potato purée, scatter the rest of the Bakkis across the purée and finish with a slice of lemon.

TIP: Because “co-cooked” tastes twice as good, let your children help out in the kitchen as often as possible. In this recipe, your little ones can crush the Bakkis. Simply place the Soup&Snack Pearls into a freezer bag, seal and crush with a wooden spoon, for example.

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