

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.

