

Crispy Fish Fingers

Serves: 8
Prep: 15 min
Cook: 25 min



Dietary: NF
Age group: 8 months+
Difficulty level: Beginner

Crispy Fish Fingers



Nut-Free

Ingredients

- 680g fish fillet of choice (salmon, snapper, flathead, barramundi, cod), skin off, no bones
- 1 ½ cups (135g) wholemeal breadcrumbs
- ½ cup (60g) cornstarch or arrowroot
- 2 eggs
- ¼ cup (60ml) milk of choice
- Extra virgin olive oil, for frying

Method

1. Preheat the oven to 180°C (350°F) and line a baking tray with baking paper.
2. Cut the fish fillet into finger-sized pieces and set aside.
3. Prepare three separate bowls: One with cornstarch or arrowroot. One with rice breadcrumbs. One with a mixture of milk and eggs, whisked together with a fork.
4. Coat each fish piece by dipping it in the cornstarch, then the egg mixture, and finally the breadcrumbs. Press down firmly to ensure a thick, even coating.
5. For babies, omit the breadcrumbs and bake the fish with a drizzle of olive oil for 10 minutes or until cooked through.
6. Arrange the crumbed fish in a single layer on the prepared tray. Bake for 25 minutes, or until golden and cooked through.
7. Serve with sweet potato wedges, mashed sweet potato, and steamed vegetables.
8. For babies, puree or mash the baked fish and vegetables for a smoother or lumpier texture as needed.

Storing leftovers: Store in an airtight container in the fridge for up to 3 days or freeze for up to 4 months.

Tips

- ✓ **Allergies:** For an egg-free version: Swap eggs for an extra ¼ cup of milk and dip the fish in milk only, before dipping in the breadcrumbs. For a dairy-free version: Swap cow's milk for coconut, soy or oat milk. For a gluten-free version: Swap breadcrumbs for rice breadcrumbs.
- ✓ **Additional Boosters:** Swap ½ of the breadcrumbs for pumpkin seed meal or sesame seeds.
- ✓ **Baby-Friendly Version:** Serve mashed or in finger food-sized pieces.