

SALMON FISH FINGERS

Serves 4
Per serving: 235 Calories, 7.6% fat
(excluding accompaniments)
Prep time: 10 mins
Cook time: 15 mins

INGREDIENTS

300g salmon fillet
100g coarse polenta flour
3 tbsps low fat mayonnaise
1 garlic clove, crushed
1 tsp ground coriander
1 small red chilli, finely chopped
2 tbsps chopped fresh coriander, to serve
salt and black pepper, to taste

METHOD

1. Preheat the oven to 200°C, 400°F, Gas mark 6.
2. Cut the salmon into strips and place in a bowl. season, then roll in polenta flour, coating all sides. Place on a baking tray and oven bake for 15 minutes.
3. In a small bowl, mix together the mayonnaise, garlic, ground coriander and chilli.
4. Transfer the salmon fish fingers to serving plates, sprinkle with fresh coriander and serve with the mayonnaise mix, potato wedges and peas.

