

Fancy Fish Fingers



Ingredients

- Teaspoon mixed herbs
- 3 Tablespoons breadcrumbs
- 1 Salmon fillet, skinned
- 1 Tablespoon plain flour
- 2 Tablespoons low fat plain yoghurt

Method

1. Preheat the oven to 200°C
2. Lightly grease or line a baking tray
3. Mix the herbs and breadcrumbs together
4. Cut the fish into 4 'finger-sized' pieces
5. Dust each 'finger' in the flour
6. Dip each 'finger' in the yoghurt
7. Roll each 'finger' in the herbs and breadcrumbs
8. Place on a baking tray and bake for 15 – 20 minutes