

New Orleans Cajun Spiced Fish Fingers

Ingredients

800gm Butterfish or firm white fish
40gm Wildings New Orleans Cajun Spice Blend
2 free range eggs
200gm fresh breadcrumbs (wholegrain bread is best)
100gm plain flour
Spray olive oil
1 Lemon (for garnish)

Method

Heat oven to 220°C. Combine Cajun Spice Blend with breadcrumbs. Lightly whisk eggs and place in a shallow bowl. Place flour in a clean bag and breadcrumbs into a shallow bowl. Cut fish into 2cm thick fingers and toss in flour, then egg, then coat with breadcrumbs. Place on non-stick oven tray or baking paper and spray each side with olive oil. Bake in oven until golden. Serves Four.

Serving Suggestion

Serve with a lemon aioli, salad greens & mash potato.

This recipe is low in fat, contains no preservatives, additives or M.S.G and is high in flavour and is very easy to prepare.