

FISH FINGER BAKES 3 WAYS

Cheesy Fish Finger & Chips Pie

Serves 6

INGREDIENTS

1 pack (400g) Sea Harvest Fish Fingers
3 tbsp butter
3 tbsp flour
2 cups milk
2 cups grated cheese
200g frozen peas
Salt and pepper, to season
½ packet (750g) frozen oven chips
Fresh parsley, to garnish

Serving suggestion:

Green salad

METHOD

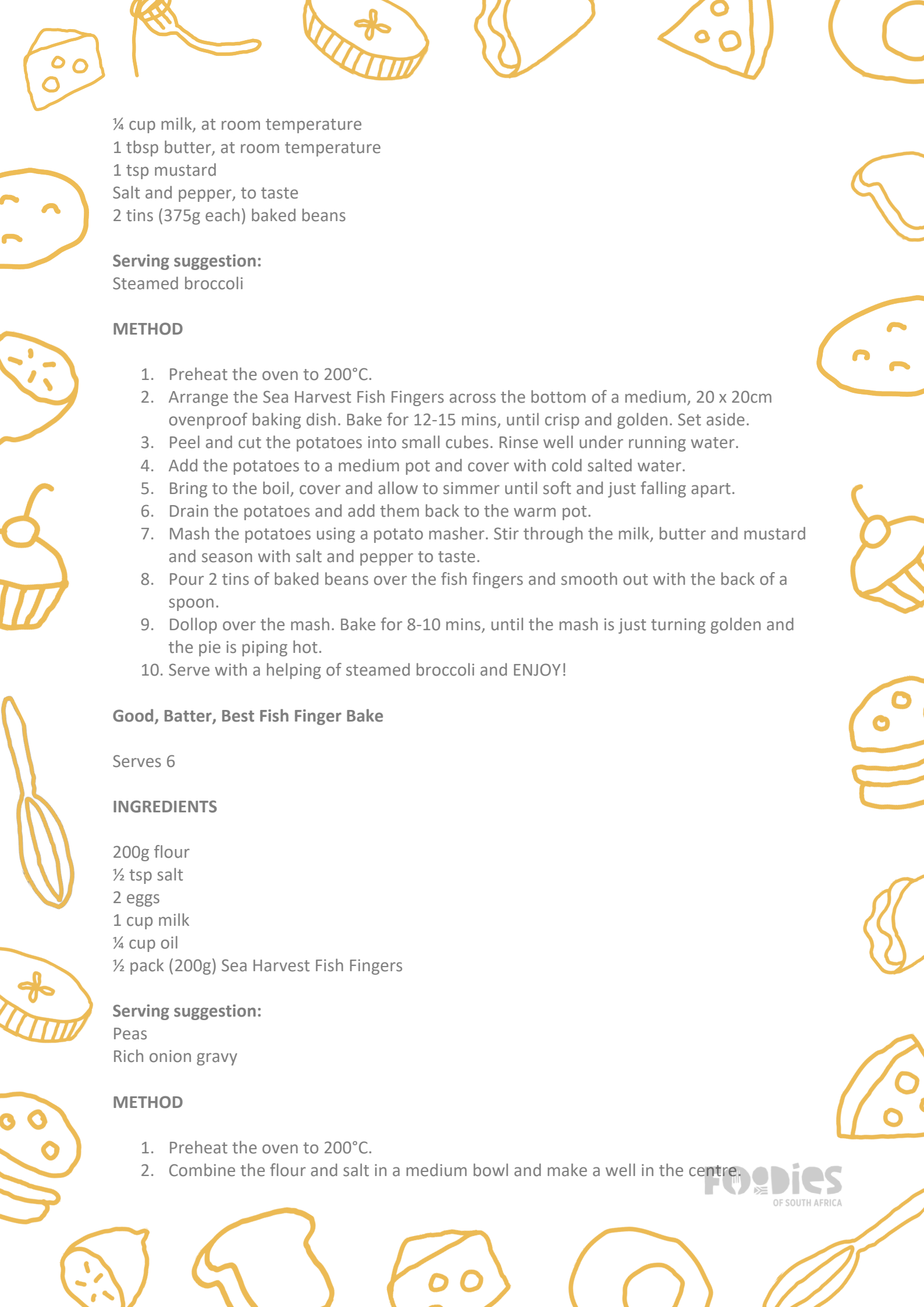
1. Preheat the oven to 200°C.
2. Arrange the Sea Harvest Fish Fingers across the bottom of a medium, 20 x 20cm ovenproof baking dish. Bake for 12-15 mins, until crisp and golden.
3. Melt the butter in a heavy-bottomed saucepan.
4. Stir in the flour and cook, stirring constantly, until the paste cooks through and bubbles a bit, about 2 minutes.
5. Add the milk, continuing to stir as the sauce thickens. Bring it to a boil.
6. Switch off the heat and add ½ cup of cheese. Stir until cheese has melted to create a cheesy sauce.
7. Stir through the peas. Season with salt and pepper to taste.
8. Spread sauce over fish finger layer and top with frozen chips.
9. Bake for 15-20 minutes, or until the chips are golden brown and crisp.
10. Remove from oven and sprinkle over remaining cheese and return to the oven for 5-10 minutes until the cheese is golden and bubbling.
11. Sprinkle with fresh parsley, serve alongside a green salad and ENJOY!

Baked Beans & Fish Finger Mash Pie

Serves 6

INGREDIENTS

1 pack (400g) Sea Harvest Fish Fingers
4 medium potatoes



¼ cup milk, at room temperature
1 tbsp butter, at room temperature
1 tsp mustard
Salt and pepper, to taste
2 tins (375g each) baked beans

Serving suggestion:

Steamed broccoli

METHOD

1. Preheat the oven to 200°C.
2. Arrange the Sea Harvest Fish Fingers across the bottom of a medium, 20 x 20cm ovenproof baking dish. Bake for 12-15 mins, until crisp and golden. Set aside.
3. Peel and cut the potatoes into small cubes. Rinse well under running water.
4. Add the potatoes to a medium pot and cover with cold salted water.
5. Bring to the boil, cover and allow to simmer until soft and just falling apart.
6. Drain the potatoes and add them back to the warm pot.
7. Mash the potatoes using a potato masher. Stir through the milk, butter and mustard and season with salt and pepper to taste.
8. Pour 2 tins of baked beans over the fish fingers and smooth out with the back of a spoon.
9. Dollop over the mash. Bake for 8-10 mins, until the mash is just turning golden and the pie is piping hot.
10. Serve with a helping of steamed broccoli and ENJOY!

Good, Batter, Best Fish Finger Bake

Serves 6

INGREDIENTS

200g flour
½ tsp salt
2 eggs
1 cup milk
¼ cup oil
½ pack (200g) Sea Harvest Fish Fingers

Serving suggestion:

Peas
Rich onion gravy

METHOD

1. Preheat the oven to 200°C.
2. Combine the flour and salt in a medium bowl and make a well in the centre.

3. Crack 2 eggs into the well and whisk to combine.
4. Slowly add milk, whisking all the time, to make a smooth batter. Rest in the fridge for 30-60 minutes.
5. Arrange the Sea Harvest Fish Fingers across the bottom of a medium, 20 x 20cm ovenproof baking dish. Add the oil and bake for 12-15 mins, turning halfway through, until crisp and cooked.
6. Remove the dish from the oven. Turn up the heat to 220°C.
7. Very carefully pour the batter into the hot oil around the baked fish fingers.
8. Place on the top shelf of the oven and bake for 25-30 mins, until the batter has risen and is golden.
9. Serve with peas and rich onion gravy and ENJOY!