

Salmon Fish Fingers

RECIPE



A simple spin on a classic family favourite; discover how to create these homemade tasty treats perfect for toddlers. Nutritious and packed with Omega-3!

Shopping List



Boneless Salmon



1 Beaten Egg



Breadcrumbs



Flour



1. Carefully remove the skin from your salmon if needed. Once done, cut your salmon into pieces of your desired size.



2. Prepare 3 bowls – one with flour, the second with beaten egg and the third with breadcrumbs.



3. Dunk the salmon into the flour, then the egg, then the breadcrumbs and put to one side. Repeat until all coated.



4. Lay each piece out onto the baking tray. Bake at 180°C for 8-10 minutes, until the salmon is cooked and they're browned to perfection!

You can watch Nanny Fizz make this tasty meal on Instagram @nannyfizz or by visiting nanny.tax/nannyfizz-salmon-fish-fingers.

