



Fish fingers & mushy peas

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g breadcrumbs fresh fine
- ☐ 1 knob butter
- ☐ 1 large eggs
- ☐ 1 lemon zest cut into wedges
- ☐ 1 small handful mint leaves shredded finely
- ☐ 400 g peas frozen
- ☐ 50 g flour plain
- ☐ 2 tbsp vegetable oil

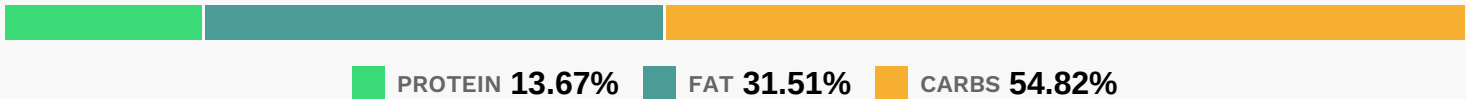
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Slice the fish into 12 fingers, each about 3cm thick.
- ☐ Put the seasoned flour, egg and breadcrumbs into 3 separate shallow bowls. Dust the fish pieces first in the flour, then coat well in the egg, and cover completely in the breadcrumbs. Put on a plate and chill for 15 mins.
- ☐ Heat the oil in a large frying pan.
- ☐ Add the fish fingers and fry for 8 mins, turning occasionally, until golden and cooked through. Meanwhile, add the peas to a small pan of boiling water. Cook for 4 mins until really tender.
- ☐ Drain, tip into a bowl with the butter, zest and mint, and roughly mash with a potato masher. Season to taste and keep warm.
- ☐ Serve the golden fish fingers with a generous spoonful of mushy peas, lemon wedges and new potatoes, if you like.

Nutrition Facts



Properties

Glycemic Index: 42.33, Glycemic Load: 10.76, Inflammation Score: -8, Nutrition Score: 23.042174002399%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 441.03kcal (22.05%), Fat: 15.43g (23.74%), Saturated Fat: 4.82g (30.14%), Carbohydrates: 60.41g (20.14%), Net Carbohydrates: 51.88g (18.87%), Sugar: 8.92g (9.91%), Cholesterol: 57.79mg (19.26%), Sodium: 423.16mg

(18.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.07g (30.13%), Vitamin B1: 0.85mg (56.97%), Vitamin C: 42.25mg (51.22%), Manganese: 0.97mg (48.5%), Vitamin K: 41.05µg (39.09%), Folate: 148.74µg (37.19%), Fiber: 8.53g (34.11%), Selenium: 22.54µg (32.2%), Vitamin B3: 6.18mg (30.9%), Vitamin B2: 0.46mg (26.94%), Iron: 4.75mg (26.38%), Phosphorus: 230.92mg (23.09%), Vitamin A: 1006.93IU (20.14%), Copper: 0.34mg (16.76%), Magnesium: 59.88mg (14.97%), Zinc: 2.23mg (14.89%), Calcium: 131.07mg (13.11%), Vitamin B6: 0.26mg (13.01%), Potassium: 381.98mg (10.91%), Vitamin E: 0.99mg (6.6%), Vitamin B5: 0.64mg (6.4%), Vitamin B12: 0.3µg (4.92%), Vitamin D: 0.25µg (1.67%)