





## Thai Fish Goujons

### *Ingredients:*

350g/12oz skinless lemon sole or plaice

Olive oil

75g/3oz Lemon Grass Thai Breadcrumbs

Chilli/Thai dipping sauce or garlic mayonnaise to serve

### *Method:*

Cut skinned fish fillets into pieces about the size of a forefinger. Brush the fish with olive oil and coat in Thai Breadcrumbs. Preheat the oven to 325°F, 170°C or gas mark 3 and lay the goujons on a lightly oiled baking tray and cook for 7 or 8 minutes.

Alternatively, for a heavier breadcrumb coating, prepare fish as before and cover in flour, dip in beaten egg then coat in breadcrumbs, leave to set, bake as above or deep fry at 190°C/375°F for approximately 1 or 2 minutes until the goujons are golden.

Serve with a suitable dipping sauce, e.g. lime and coriander mayonnaise. (Add the juice of 1 lime and 1 tablespoon of chopped coriander to a shop bought mayonnaise).