



FISH FINGERS & SESAME BROCCOLI

Ingredients:

- 500G WHITE FISH
- 1 EGG
- 70G FLOUR
- 100G BREAD CRUMBS
- 1 TSP PAPRIKA
- 1/8 TSP GARLIC POWDER
- 1/2 TSP SALT
- BROCCOLI
- 1TSP SESAME OIL
- SESEAME SEEDS

Method

1. PREHEAT OVEN TO 200°C / 400°F AND LIGHTLY OIL A BAKING SHEET.
2. CUT FISH INTO 8 STRIPS (OR PREFERRED SIZE). SPRINKLE SALT ALL OVER THEM AND SET ASIDE.
3. BEAT EGGS IN A SHALLOW DISH. PLACE FLOUR IN ANOTHER SHALLOW DISH AND PLACE BREAD CRUMBS, PAPRIKA AND GARLIC POWDER IN A THIRD SHALLOW DISH.
4. USING TONGS OR YOUR FINGERS, PICK UP A FISH STICK AND DIP IT IN THE EGG, THEN IN FLOUR, AND FINALLY IN SEASONED BREAD CRUMBS. TRANSFER TO BAKING SHEET. REPEAT UNTIL ALL FISH STICKS ARE COATED.
5. SPRAY LIGHTLY WITH COOKING SPRAY, AND BAKE FOR 12-15 MINUTES, FLIPPING ONCE MIDWAY THROUGH. MEANWHILE BOIL A PAN OF WATER AND ADD BROCCOLI CUT INTO FLORETS FOR 6MINS.
6. REMOVE BROCCOLI AND SHALLOW FRY IN SESAME OIL THEN SPRINKLE WITH SESAME SEEDS.

FISH FINGERS & SESAME BROCCOLI

Nutritional Information

WHITE FISH - ALL WHITE FISH IS LOW IN FAT, THEY'RE A GREAT SOURCE OF OMEGA-3 FATTY ACIDS WHICH CAN HELP LOWER BLOOD PRESSURE, HELP REDUCE TRIGLYCERIDES, SLOW THE DEVELOPMENT OF PLAQUE IN THE ARTERIES, REDUCE THE CHANCE OF ABNORMAL HEART RHYTHM, REDUCE THE LIKELIHOOD OF HEART ATTACK AND STROKE AND EVEN LESSEN THE CHANCE OF SUDDEN CARDIAC DEATH IN PEOPLE WITH HEART DISEASE.

EGGS - EGGS ARE A VERY GOOD SOURCE OF INEXPENSIVE, HIGH-QUALITY PROTEIN. MORE THAN HALF THE PROTEIN OF AN EGG IS FOUND IN THE EGGWHITE, WHICH ALSO INCLUDES VITAMIN B2 AND LOWER AMOUNTS OF FAT THAN THE YOLK. EGGS ARE RICH SOURCES OF SELENIUM, VITAMIN D, B6, B12 AND MINERALS SUCH AS ZINC, IRON AND COPPER.

PAPRIKA - PAPRIKA CONTAINS CAPSAICIN, A COMPOUND FOUND IN PEPPERS THAT HAS BEEN SHOWN TO HAVE A WIDE RANGE OF HEALTH BENEFITS. FOR EXAMPLE, IT HAS ANTIOXIDANT PROPERTIES, CAN HELP REDUCE THE RISK OF CANCER AND HEART DISEASE, IMPROVE IMMUNITY, AND EVEN ALLEVIATE GAS.

GARLIC - GARLIC IS AN EXCELLENT SOURCE OF VITAMIN B6 (PYRIDOXINE). IT IS ALSO A VERY GOOD SOURCE OF MANGANESE, SELENIUM AND VITAMIN C. IN ADDITION TO THIS, GARLIC IS A GOOD SOURCE OF OTHER MINERALS, INCLUDING PHOSPHOROUS, CALCIUM, POTASSIUM, IRON AND COPPER.

BROCCOLI - BROCCOLI IS A GOOD SOURCE OF FIBRE AND PROTEIN, AND CONTAINS IRON, POTASSIUM, CALCIUM, SELENIUM AND MAGNESIUM AS WELL AS THE VITAMINS A, C, E, K AND A GOOD ARRAY OF B VITAMINS INCLUDING FOLIC ACID. MAKING IT A SUPER FOOD!

SESAME SEEDS/OIL - THEY ARE A GOOD SOURCE OF HEALTHY FATS, PROTEIN, B VITAMINS, MINERALS, FIBRE, ANTIOXIDANTS, AND OTHER BENEFICIAL PLANT COMPOUNDS. REGULARLY EATING SUBSTANTIAL PORTIONS OF THESE SEEDS — NOT JUST AN OCCASIONAL SPRINKLING ON A BURGER BUN — MAY AID BLOOD SUGAR CONTROL, COMBAT ARTHRITIS PAIN, AND LOWER CHOLESTEROL.