

# Feel good Fish Fingers



**Serves 2**

**Prep 10 mins**

**Cooking 25 mins**

**Easy**

## Ingredients

2 tablespoons ground flaxseed  
2 tablespoons fine oatmeal  
½ teaspoon garlic granules  
½ teaspoon dried mixed herbs  
2 large, skinless salmon fillets  
olive oil  
sea salt and black pepper  
lemon wedges to serve

1. Preheat the oven to 200°C/400°F/Gas mark 6.
2. Mix the ground flaxseed, oatmeal, garlic granules and dried herbs together, with salt and pepper to taste. Spread this mixture out on a flat surface.
3. Cut the salmon into fingers and lightly coat in olive oil. Roll the fingers in the flaxseed and oatmeal mixture until they are completely covered. Place on a baking sheet and bake in the oven for around 25 minutes, or until the coating is crisp and golden. Serve with lemon wedges.