

Fish Finger Wraps with Cheat's Tartare Sauce



Serves 4

Prep 25 mins

Cooking 20 mins

Easy

Ingredients

½ tbsp olive oil

3 thick white fish fillets: cod or haddock (± 400g total)

50g plain flour

100g panko or dried breadcrumbs

1 lemon, zested

reserve the juice for the tartar

½ tsp dried oregano

1 large egg

Cheat's tartar sauce

6 tbsp mayonnaise

1 tbsp finely chopped gherkins

1 ½ tbsp finely chopped chives

1 ½ tbsp lemon juice

To serve

4 tortilla wraps

1 cucumber, peeled into long ribbons

1 romaine lettuce, shredded

4 ripe, juicy tomatoes, sliced

1 lemon, quartered

1. Heat oven to 190C/170C fan/gas 5. Line a baking tray with baking parchment and put in the oven to heat up. Slice each fish fillet into four - five thick fingers.
2. Tip the flour into a bowl and season with black pepper. Crack the eggs into a second bowl and lightly beat with a fork. Tip the breadcrumbs, zest and dill into a third shallow bowl and mix together. Dip the fish into the flour, then the egg, then the breadcrumbs.
3. Bake the fish fingers on the hot tray for 20 mins, turning once. While the fish fingers are baking, mix all the tartar sauce ingredients together and season to taste.
4. To serve: put a dollop of tartar sauce on a wrap, followed by the crunchy fish and the salad. Finish with a squeeze of lemon.