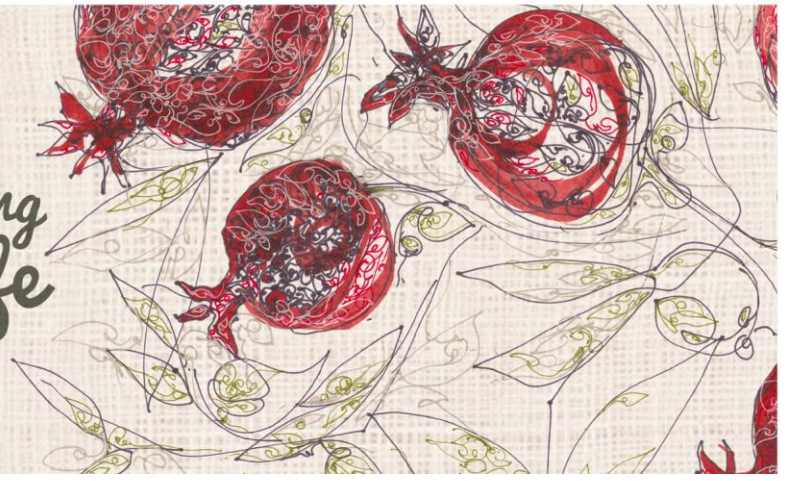




*Creating  
an  
appetite  
for life*



# Nut Crusted Fish Fingers with Sweet Potato Chips & Avocado Tartare

**Preparation** 40 minutes **Cooking** 45 minutes **Makes** 50 serves

**Cost** \$4.12 per serve (based on supermarket prices) **Season** Any **Ability** Medium **Best Fresh** **Equipment** Oven

**The benefits:** The nuts and seeds in the crust of the fish contain healthy fat and increase the calorie content of the fish – this will help those who struggle to eat enough to get more calories per mouthful.

## Ingredients

### NUT CRUST

750g almond meal  
460g pine nuts, toasted  
600g sunflower seeds, toasted  
250g white sesame seeds  
Sea salt flakes and ground black pepper

### CRUMB

Spelt flour (to dust)  
10 eggs  
800ml full cream milk

### FISH

150g raw fish per person, cut into 3x 50g fingers  
7.5kg firm flake white Fish  
750ml Extra Virgin Coconut oil or Extra Virgin Olive oil to cook

### CHIPS

6kg sweet potato, peeled and cut into 2.5cm by 6cm chips  
330g Extra Virgin Coconut oil  
Sea salt flakes





20g rosemary, taken from the stalk

### **TARTARE**

800g mashed avocado

800g mayonnaise

80g chopped capers

80g chopped gherkins

40g chopped flat leaf parsley

40ml lemon juice

Water to achieve correct consistency if needed

Spring greens and salad to serve

Lemon wedges

## *Method*

### **NUT CRUST**

Preheat the oven to 180C, place the nuts and seeds onto a parchment lined tray and toast for 8-10 minutes until golden. Remove from the oven, allow to cool and then blend in a food processor to a fine crumb, season with salt and pepper.

### **FISH**

Cut your fish into fingers (3 pieces @ 50g per person).

Set up your pane station (fish can be paned and frozen if needed). Prepare a deep sided tray with spelt flour.

Whisk your eggs and milk together until combined and place into one deep sided tray, and in another place your crumbs.

Prepare oven trays lined with parchment to place the fish onto.

Dust all your fish in flour, shake off excess.

Dip into the egg mix coating all sides and then crumb in the nut crumb, tossing to be sure all sides are evenly coated, place onto parchment lined tray and set aside until you are ready to cook.





## **CHIPS**

Preheat the oven to 220C, line oven trays with parchment paper.

Peel and cut the sweet potato into approximately 2.5x 6cm pieces. Place into a large deep sided tray and add the melted coconut oil, rosemary and sea salt flakes, toss to evenly coat.

Divide the chips between the trays, ensuring none are overlapping so they cook evenly.

Place into the preheated oven and cook for 40 minutes or until golden and crisp, tossing occasionally.

You can either pan fry the fish (for the best result, cook in coconut or olive oil in pans over medium heat until golden) or add the tray of fish to the oven when the chips have been cooked for 30 minutes. Cook on oven tray for 6-8 minutes. Rest before serving.

## **TARTARE**

Combine all ingredients, adjust seasoning and check consistency.

## **TO SERVE**

Place 3 pieces of the fish on warmed plates with approximately 8 chips (70g cooked), 1.5 tablespoons of Tartare and steamed spring greens or salad leaves along with a wedge of lemon. Serve immediately.





## Nutritional Analysis

Nutrient	Per serve	Per 100g
Energy (kJ)	3426	863
Protein (g)	50.4	12.7
Fat (g)	54.2	13.6
-Saturated Fat (g)	12.0	3.0
Carbohydrate (g)	29.9	7.5
-Sugar (g)	14.3	3.6
Fibre (g)	7.1	1.8
Sodium (mg)	663	167



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**Nutrition analysis performed by Nutrition & Dietetics, Flinders University.**

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