



Fish fingers go so well with tartar sauce. Today I add my own twist to the traditional recipe and bucket loads of flavor you too will enjoy.

Ingredients

For the fish

2 medium sized fish fillet

5 tablespoons plain flour

1 /2 teaspoon cayenne pepper

1 lemon, zest

1 teaspoon of white pepper

1 large egg

1 handful of breadcrumbs

1 handful of sesame seeds

For the sauce

4 tablespoons cup good mayonnaise
1 tablespoon of chopped spring onion
1 tablespoon apple cider wine vinegar

1/2 teaspoon ground mustard
1/4 ripe avocado
1/4 teaspoon ground black pepper

Method

Cut your fish fillet in horizontally in half then proceed to cut into strips lengthwise.

Put the flour+white pepper, the breadcrumbs+sesame seeds and egg+lemon zest in separate containers. Begin by dredging the fish in the flour+white pepper. Then dip them in the lemon +lemon zest. Finally, roll them in the bread crumbs and sesame seeds. Set them aside as you go.

Put some vegetable oil to heat up and fry the fish. It will take about two minutes for them to cook through. Remove from the heat and allow them to drain on a serviette.

For the sauce, place all the ingredients in a bowl and mix them up with a fork. Once all the ingredients are well blended and evenly distributed, it is ready. Be careful not to over-churn as it will become too light.

Ladle the avocado tartar sauce into a bowl and serve together with your fish fingers.



SERVE WITH: fries, baked potatoes or on their own

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/fish-fingers-with-avocado-tartar-sauce/>