



Tender fish fingers made with the full flavors of rosemary and garlic and a beautifully seasoned crust will have you coming back for more!

## Ingredients

200 g of Tilapia fish fillet	1/4 teaspoon of turmeric
1 egg	1/2 a teaspoon of black pepper
1 sprig of rosemary	1 teaspoon of ground coriander
5 cloves of garlic	Salt to taste
1 cup of bread crumbs	Vegetable oil for frying

## Method

Slice your fish fillet into strips with a width of about 1/2 an inch thick. Sprinkle some salt on them then set them aside. Place your breadcrumbs on a plate, add your turmeric, coriander spice and black pepper and mix all these until evenly distributed.

In a separate bowl, crack your egg and add your finely chopped rosemary, about 1/2 a teaspoon, and your minced garlic. Whisk this until evenly mixed out.

Dip your fish strips in the egg mixture, then roll them in your seasoned breadcrumbs then set aside. Heat some vegetable oil and fry them about 2 minutes each side then remove from heat. Serve with tartar sauce.



SERVE ALONG WITH: potato wedges/fries/ ugali and your fave veggies

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