



Fish Nuggets
烤鱼块



Fish Nuggets

Preparation time : 10 minutes
Cooking time : 20 minutes

Ingredients (Serves 10-15 children)

Frozen fish fillet - thawed and cut into bite-sized pieces	500 grams
Milk*	¾ cup
Breadcrumbs	1 ½ cups
Lemon juice	2 ½ teaspoons
Mustard	¾ teaspoon
Dried parsley	½ teaspoon
Salt	¼ teaspoon
Pepper	2 pinches

* Choose products with the Healthier Choice Symbol

Preparation Method

1. Brush some oil on a baking tray and pre-heat the oven to 200-220°C
2. Mix the lemon juice with a pinch of salt and a pinch of pepper
3. Put the fish pieces in the lemon juice. Mix and keep aside for 10 minutes
4. Mix milk, mustard, parsley and the rest of the salt and pepper in a separate bowl
5. Dip the fish pieces into the milk mixture and then roll on the breadcrumbs
6. Place the fish pieces on the baking tray and bake for 15-20 minutes
7. Serve

Do You Know . . .

Frozen fish fillet is as nutritious as fresh fish as the nutrients have been 'locked-in'.

烤鱼块

准备时间：10 分钟
烹调时间：20 分钟

材料（供 10-15 儿童）

冰冻鱼块 - 解冻及切成小块	500 克
牛奶*	¾ 杯
面包碎	1 ½ 杯
柠檬汁	2 ½ 茶匙
芥末	¾ 茶匙
乾洋香菜	½ 茶匙
盐	¼ 茶匙
胡椒粉	少许

* 选用有「较健康选择标志」(HCS) 的产品

烹调方法

1. 在烤盘上涂一点油，并把烤炉预设在 200-220度
2. 把柠檬汁与少许的盐和胡椒粉混合
3. 把鱼放入柠檬汁调料中约十分钟
4. 把牛奶、芥末、洋香菜和少许的盐和胡椒粉在另一个碗里混合
5. 把鱼块在牛奶调料里浸一浸，然后沾上面包碎
6. 把鱼放进烤炉里烤15-20分钟
7. 上菜

你知道吗...

由於冰冻鱼块的营养被「锁住」，因此它的营养价值不逊於新鲜鱼。