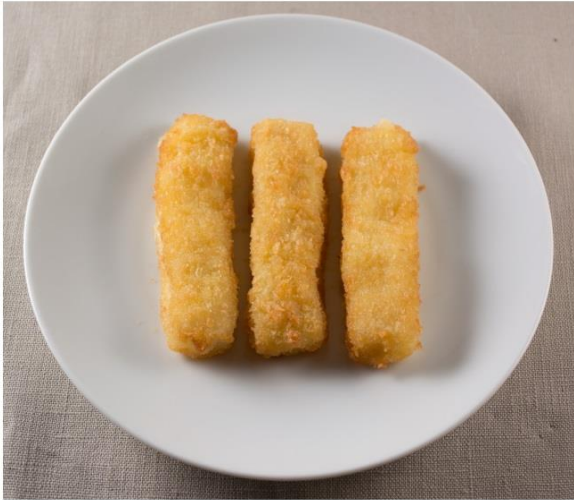


# Fish Finger Makeover



## Original Fish Fingers

Serving size: 75g  
Cost per serve: \$0.74\*



## Makeover Fish Fingers

Serving size: 75g  
Cost per serve: \$0.91\*

## Easy changes we made for the healthy way

We reduced the energy, saturated fat, salt (sodium) by:

- Preparing these by hand rather than buying pre-made
- Using fresh fish
- Using wholemeal flour and wholegrain breadcrumbs
- Not adding oil



## Ingredients- 10 serves

### Original

EXAMPLE:

<http://www.sealord.com/nz/products/captains-choice/fish-fingers>

Fish Fingers Classic Crumb  
Fish (50%minimum) Water, Maize Flour,  
Wheat Flour, Sunflower and Canola Oils,  
Thickeners (1404, 412), Rice Flour, Sugar, Salt,  
Gluten, Yeast, Mineral Salts (450, 451),  
Glucose, Soy Protein, Garlic Powder, Onion  
Powder, Natural Colour (160 (b))

20 ingredients

Approximately 50% fish

### Makeover

Fish	500g
Wholemeal Flour	50g
Eggs	2
Wholegrain Breadcrumbs	75g
Lemon zest	2 tsp
Dried herbs	1 tsp

6 ingredients

Approximately 69% fish

## Method for Makeover

1. Heat oven to 200°C
2. Cut fish into finger sized pieces
3. Dip fish in flour
4. Beat eggs and dip floured fish into egg
5. Mix together breadcrumbs, lemon zest and herbs
6. Dip egged fish into breadcrumbs
7. Place on baking tray and bake for approximately 10 minutes or until cooked through

Once crumbed and prior to cooking these fish fingers can be frozen. Simply freeze in one layer on a baking tray. Once frozen transfer to a sealed container. These can then be cooked from frozen just the same as bought fish fingers. Allow approximately 15-20 minutes at 200°C or until cooked through.

## Nutrient Information

	Original	Makeover	Difference
	Per serve	Per serve	Per serve
Energy	672kJ	411kJ	261kJ
Fat	9.7g	1.4g	8.3g
Saturated fat	1.4g	0.3g	1.1g
Carbohydrate	11.4g	8.5g	2.9g
Sugar	1.0g	0.4g	0.6g
Sodium (Na)	262mg	120mg	142mg

\*Costs as at July 2013, Countdown Online <http://shop.countdown.co.nz/>