**Cornflake coated fish fingers**

**Ingredients**

2 deboned/deskinned fillets of hake – defrosted

1 Cup of Cornflakes – crushed

1 Egg - beaten

½ cup milk

**Method**

1/Cut the fillets into strips aiming to keep their ‘form’

2/Dip the fish into the milk, then the egg and then the plate of crumbs.

3/Heat a small amount of coconut oil in a pan until hot.

4/Fry the strips in the oil, until golden and the fish flakes. Serve warm with chips and peas