

George Foreman

Great Tasting Healthier Food In Minutes

Curried fish goujons with honeyed carrot sticks & sweet potato wedges



quick &
easy snacks



serves 2
people



15
MINS
cooking
time



great for
kids

*"beat those
home time
tummy rumbles"*

You will need:

Fish goujons: 1 large tuna, cod or salmon steak cut into strips, 25g wholemeal flour, 1 egg white, 1 slice of fresh wholemeal bread broken into breadcrumbs 1tsp white pepper, ½ tsp medium curry powder leave out if preferred.

Honeyed carrot sticks: 1 medium carrot peeled & cut into thick sticks, 1 tsp clear honey, ½ tsp olive oil, 1 tsp paprika.

Sweet potato wedges - 1 small sweet potato peeled & cut into thick wedges, ½ tsp olive oil.

To make:

To make fish goujons - Cut the fish into strips. Mix the flour, curry powder & pepper together and place in a bowl. Put the egg white and breadcrumbs in separate bowls. Firstly, dip the fish goujons into the seasoned flour, then into the egg white & then into the breadcrumbs until well coated. Place on a pre heated grill for 3 minutes depending on thickness.

To make honeyed carrot sticks - Mix the carrots with the honey, oil & paprika and place on a hot grill & grill for 5-7 minutes.

To make sweet potato wedges - In a bowl coat the sweet potato wedges with olive oil. Place on a hot grill and grill for 5-7 minutes.

TIP: If making all together as a meal, cook the carrots & sweet potatoes for an initial 3-4 minutes on the grill & then add the fish goujons to cook for the remaining 3 minutes.