

ASDA Recipes

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- ▶ **Home**
- ▶ Browse
- ▶ Recipes by theme
- ▶ Flavour of the month
- ▶ Quick and tasty
- ▶ Best in season
- ▶ My favourites

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ASDA Recipes

Crunchy salmon fingers

A healthier fish and chips

Serves 4
Ready in 40 minutes

Ingredients

- 4 baking potatoes, pricked
- 2tbsp olive oil
- 2 x 260g packs Asda boneless, skinless salmon fillets
- 1 large egg
- 25g butter, melted
- 150g fresh wholemeal breadcrumbs
- 2tbsp sesame seeds
- Peas and lemon wedges, to serve

Method

- 1 Preheat the oven to 220C/Gas 7. Microwave the potatoes on full power for 10-15 minutes. Cut into wedges and toss in the oil. Bake on a tray for 20 minutes.

- 2 While the potatoes are in the microwave, cut the salmon into chunky fingers. Lightly beat the egg and melted butter in a shallow dish. Put the breadcrumbs and sesame seeds on a plate. Dip the salmon fingers, one at a time, in the egg mixture until coated all over. Then coat them in the crumbs and put on a baking tray.

- 3 Bake the salmon fingers for the last 12 minutes. Serve with peas and lemon wedges.

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Per serving
Calories **680**, Carbs **62g**, Fat **32g**, Saturated fat **8g**

Flavour of the month

Strawberries - Sweet, succulent and scrumptious, you'll be spoilt for choice when it comes to making desserts with our bumper crop of red beauties