



# CHIPPY STYLE FISH WRAPS WITH CURRY SAUCE AND PEAS

**SERVINGS: 4**

**PREP TIME: 10 MINUTES**

**TOTAL TIME: 30 MINUTES**

## NOTES:

 **MADE IN UNDER 30 MINUTES**

 **CAN DOUBLE UP SERVINGS**

 **BASIC KITCEHN EQUIPMENT**

 **MEDIUM DIFFICULTY**

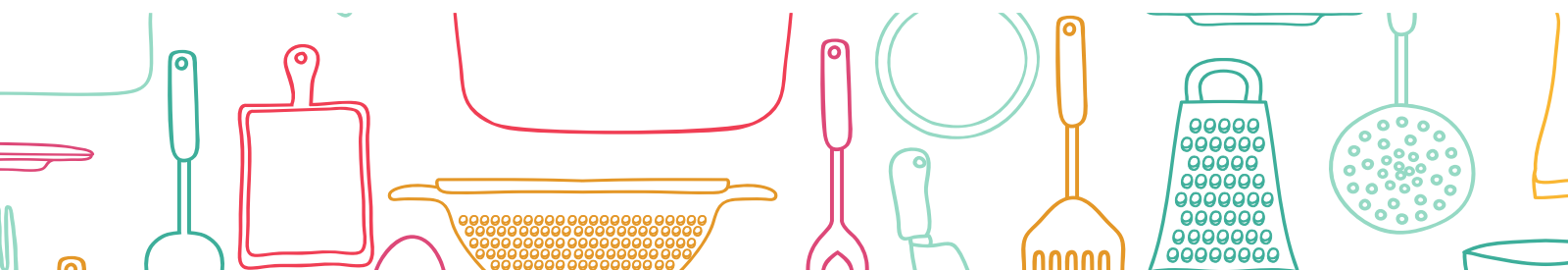
## INGREDIENTS

**2 TBSP PLAIN FLOUR**  
**1 LARGE FREE-RANGE EGG**  
**60G BREADCRUMBS**  
**ZEST AND JUICE 1 LEMON**  
**300G COD LOIN OR OTHER CHUNKY  
WHITE FISH**  
**VEGETABLE OIL FOR FRYING  
OR USE FROZEN FISH FINGERS**  
**175G FROZEN PETITS POIS**  
**1 TBSP CHOPPED FRESH MINT LEAVES**  
**200ML CURRY SAUCE FROM A JAR**  
**4 FLOUR TORTILLA WRAPS**  
**LITTLE GEM LETTUCE**

**OPTIONAL EXTRAS:**  
**SWAP CURRY FOR TARTAR SAUCE**  
**SLICED TOMATOES**  
**SLICED AVOCADO**  
**OVEN CHIPS**

**RECIPE ON REVERSE SIDE.**

**CHECK OUT THE AROMA INSTAGRAM  
AND FACEBOOK PAGE FOR  
TUTORIALS AND COOK-ALONG  
SESSIONS.**





## METHOD

---

**IF YOU ARE MAKING YOUR OWN FISH:**

**PUT THE FLOUR, EGG AND PANKO CRUMBS INTO 3 SEPARATE BOWLS. SEASON THE FLOUR WELL WITH SALT AND PEPPER, THEN STIR LEMON ZEST INTO THE PANKO CRUMBS.**

**CUT THE COD INTO 8 CHUNKY FINGERS. CAREFULLY PLACE EACH FISH FINGER FIRST IN THE FLOUR, THEN THE EGG, THEN COAT WELL WITH THE BREADCRUMBS. FOR EXTRA CRISPNESS, GO AGAIN INTO THE EGG AND BREADCRUMBS. SET ASIDE ON A PLATE.**

**HEAT A GOOD GLUG OF THE VEGETABLE OIL IN A LARGE HEAVY-BASED FRYING PAN. WHEN HOT, ADD THE FISH FINGERS AND COOK FOR 8-10 MINUTES UNTIL COOKED THROUGH, TURNING CAREFULLY BUT FREQUENTLY SO THEY TURN EVENLY GOLDEN BROWN. ALTERNATIVELY BAKE IN A 200 OC/GAS 6 OVEN FOR 20 MINUTES. CAREFULLY TRUNING HALF WAY THROUGH THE COOKING TIME.**

**IF USING READYMADE/FROZEN FISH FINGERS, COOK ACCORDING TO PACKET INSTRUCTIONS.**

**COOK THE PEAS ACCORDING TO THE INSTRUCTIONS ON THE PACKET, THEN DRAIN. GENTLY MASH WITH THE JUICE OF ½ LEMON, THE MINT AND SALT AND PEPPER.**

**WARM THE CURRY SAUCE AND TORTILLA WRAPS. LAY A TORTILLA ON A PLATE, TOP WITH SOME OF THE PEAS, A COUPLE OF GEM LETTUCE LEAVES 2 HOT FISH FINGERS, AND ANY ADDITIONAL FILLINGS. FINALLY, DRIZZLE WITH SOME OF THE CURRY SAUCE. WRAP TIGHTLY, THEN SERVE WITH THE REMAINING CURRY SAUCE ON THE SIDE AS A DIP.**