



Herb Crusted Fish Bites with Aioli Dip

Overview

Difficulty Easy
Servings 8
Preparation Time 20 mins
Cooking Time 15 mins

Ingredients

- 2kg fresh white fish meat cut into strips
- 500g Japanese 'Panko' breadcrumbs
- 200g plain flour
- 2 nos eggs
- 300ml fresh milk
- 100g chopped Italian/English parsley
- 10g chopped rosemary
- 15g salt
- 20g cracked pepper
- 1L vegetable oil for frying

Aioli Dip

- 150g mayonnaise
- 20ml lemon juice
- 10g chopped garlic
- Salt and pepper, to taste

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