

EAST NORTH EAST BAKE-OFF

COD GOUJONS WITH WILD RICE AND SALAD



INGREDIENTS

For the goujons:

Cod fillets
breadcrumbs
flour
2 eggs
paprika
mixed herbs
garlic powder

Salad, wild rice and lemon to garnish



METHOD

Step 1. Crack two eggs in a bowl and beat well. Put half a cup of breadcrumbs in a bowl.



Step 2. Cut the cod fillets lengthways into 1 inch slices. In a bowl, add a cup of flour, paprika, mixed herbs and garlic powder and stir well.



Step 3. Begin by coating each cod fillet in flour, dust off any excess.



Step 4. Next, dip it in the beaten egg making sure to coat all sides



Step 5. Dip in in the breadcrumbs until it is fully coated.



Step 6. Place on a baking tray and bake for 20mins at 180°



Step 7. Serve with wild rice, salad and a lemon wedge 😊

