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BRITISH
MUSLIM TV

BAKED SALMON GOUJONS



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Serves 4

Preparation time:

15 minutes

Cooking time:

30 minutes

Ingredients:

4 skinless salmon steaks, cut into strips
1 tbsp rapeseed oil
50g/2oz plain flour
125g/4½oz breadcrumbs
3 medium free-range eggs, beaten
Salt and freshly milled black pepper, to taste
150g reduced fat crème fraîche
Grated zest and juice of 1 lemon

Method

1. Preheat the oven to 190°C/Gas mark 5. Brush two baking trays with the oil.
2. Place the flour, eggs and breadcrumbs into three separate shallow bowls
3. Dip the salmon pieces in the flour, then in the beaten egg and finally coat in the breadcrumbs. Shake off the excess and lay the goujons on the oiled baking tray. (The process is easier if you keep one hand clean of egg for dipping the salmon in the flour and breadcrumbs.) Season.
4. Bake the goujons in the oven for 10-15 minutes, turning once. Remove from the oven when completely cooked through and golden-brown all over.
5. Meanwhile place the crème fraîche in a little serving bowl, add the lemon zest and juice a pinch of salt and stir gently together. Serve immediately with the salmon goujons.