# Homemade Fish Fingers with Mushy Peas

## Ingredients

### Fish Fingers:

- 1 lb cod or white fish fillets (cut into strips)
- 1/2 cup whole wheat breadcrumbs
- 1 egg, beaten
- 1/4 tsp paprika
- Salt & pepper to taste
- Olive oil spray

### Mushy Peas:

- 2 cups green peas (fresh or frozen)
- 1 tbsp olive oil or butter

- 1 tbsp chopped mint (optional)
- Salt to taste

## Instructions

1. Preheat oven to 400°F (200°C).
2. Dip fish strips in egg, then coat with seasoned breadcrumbs.
3. Place on a baking sheet and spray lightly with olive oil.
4. Bake for 15–20 minutes until crispy and cooked through.
5. For peas: steam peas, then mash with olive oil and mint. Add salt.

## Health Benefits

- Rich in lean protein and omega-3s.
- Peas provide fiber, vitamin C, and iron.