



ROYAL  
VOLUNTARY  
SERVICE

# FISH GOUJON WRAPS WITH TARTARE SAUCE

*by Alison Crouch*

## Ingredients

### For the fish goujons:

- 2 white fish fillets such as coley or basa cut into strips about 1 cm thick
- 2 tbsp plain flour
- 2 free-range eggs
- 150g white breadcrumbs
- Salt and pepper
- Fresh herbs, chopped finely

### For the tartare sauce:

- 2 tbsp mayonnaise
- 1 tbsp capers
- 1 gherkin, chopped
- 1 spring onion, finely chopped
- 1 tbsp chopped fresh flatleaf parsley
- ½ lemon, juiced

### For the sauce:

- 2 wraps
- 2 lettuce leaves
- 4 slices cucumber
- 2 sprigs sprouting broccoli
- 1 clove garlic
- 1 tomato, sliced
- 1 little red onion, sliced

## Method

1. Sprinkle the flour onto a plate. Beat the eggs in a bowl.
2. Sprinkle the breadcrumbs onto a separate plate, mix in the herbs and season to taste.
3. Dredge the fish in flour, dusting off any excess, then dip them in the egg, then roll in the breadcrumbs until coated.
4. Place on a baking sheet. Bake for 20 to 25 minutes at 180C, Gas Mark 4.



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- 5. Spoon the mayonnaise into a bowl. Stir in the capers, gherkins, spring onion and herbs. Season, to taste, with salt and pepper and a squeeze of lemon juice.**
- 6. Spread the sauce onto the wraps, place on the salad then the fish, wrap up and eat!**

### **OUR THANKS TO ALISON CROUCH FOR THIS GUIDE.**

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