

a fresh approach

School Recipe: Fish Finger Decker

Serves: 10
Preparation time approx. 20 minutes

Ingredients:

- 30 Birds Eye Foodservice Fish Fingers
- 10 thick slices of wholemeal bread
- 50g (10tsp) low fat mayonnaise
- 10 slices of Cheddar Cheese
- 10 tomatoes, sliced



To prepare:

1. Cook the fish fingers as per pack instructions
2. Toast one side of the wholemeal bread and spread the other side with the mayonnaise
3. Add the fish fingers and top with cheese and sliced tomato
4. Grill until the cheese has melted, serve



Nutrition Information calculated per 100g		
Energy	160	kcal
Carbohydrate	16.5	g
NME sugar	2.7	g
Fat	6.4	g
Saturated Fat	1.9	g
Protein	9.0	g
Fibre	1.9	g
Sodium	358	mg
Vitamin A	55	ug
Vitamin C	5	mg
Folate	20	ug
Calcium	77	mg
Iron	0.7	mg
Zinc	0.6	mg

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