

a fresh approach

Fish Finger Kebabs

Serves: 10
Preparation time approx. 40 minutes

Ingredients:

- 25 Birds Eye Foodservice Cod fillet Fish Fingers
- 200g Courgettes cut into bite sized pieces
- 250g Baby Carrots
- 400g (approx 20) Cherry Tomatoes
- 120g (approx 20) Button Mushrooms
- 450g (4oz) Slices of streaky Bacon, rolled
- Sunflower oil to brush on the kebabs



To prepare:

1. Slightly defrost the fish fingers
2. Cut the fish fingers into bite-sized pieces
3. Place the fish fingers with the vegetables and bacon rolls alternatively on kebab sticks
4. Brush with the oil and grill under a hot grill, turning once for about 10 mins



Nutrition Information calculated per serving				
Calories	Sugar	Fat	Saturates	Salt
325	4.3g	19g	5.3g	2.5g
16%	5%	27%	27%	42%
Of an adult's Guideline Daily Amount*				

*Guideline Daily amounts are guidelines only for adults. Individual requirements will vary depending on age, gender, weight and physical activity.

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