

## Lemon and herb coley goujons, with tangy dip

### Ingredients

225g coley fillets, skinned  
45g corn flakes  
½ lemon  
1 x 5ml spoon mixed herbs  
1 egg  
2 x 15ml spoons plain flour



### For the tangy dip:

2 x 15ml spoons low-fat mayonnaise  
2 x 15ml spoons plain yogurt  
2 x 15ml spoons tomato ketchup  
1/2 x 5ml spoon paprika  
Dash Worcestershire sauce

### Equipment

Baking tray, weighing scales, measuring spoons, knife, chopping board, plate, cling film, grater/zester, small plastic bag, shallow bowl, fork, 2 small plates, oven gloves.

### Method

1. Preheat the oven to 200°C or gas mark 6. (Adult)
2. Grease or line a baking tray.
3. Cut the coley into little finger-sized pieces. Cover and put in the fridge.
4. Zest the lemon.
5. Place the corn flakes, lemon zest and herbs into the small plastic bag. Press everything together to crush the flakes into crumbs. Pour onto a plate.
6. Beat the egg in a shallow bowl. Spread the flour on a plate.
7. Toss each piece of fish in the flour. Then dunk in the egg and roll in the crumbs. Sit on a baking sheet and continue with remaining fish.
8. Cook the coley goujon for 10-15 minutes, until golden. (Adult)
9. To make the dip, mix all of the ingredients together in a small bowl. Serve with the coley goujons.