

Fish Sticks with Peas

4-6 Servings

Fish sticks

- 30 g all-purpose flour
- ½ tsp ground turmeric
- ¼ tsp onion powder
- ⅛ tsp garlic powder
- Kosher salt and black pepper
- 2 large eggs
- 60 g panko
- 290 g skinless cod fillet (about 2.5-cm thick)
- 59 ml canola oil, plus more as needed
- Tartar sauce and lemon wedges, for serving



Peas

- 3 T extra-virgin olive oil
- 3 medium garlic cloves, finely grated
- ½ tsp grated lemon zest
- Red-pepper flakes, to taste
- 450 g frozen green peas
- Kosher salt
- ¼ C roughly chopped mint leaves

Dredging:

1. Place the **flour, turmeric, onion powder, garlic powder, 1 tsp salt** and ½ tsp **black pepper** on a large plate; stir to combine.
2. In a pie plate, beat the **eggs** with **1 T of water** and sprinkle with a little **salt**.
3. Place the **panko** and ¾ **tsp salt** on another large plate and stir to combine. Place a baking sheet beside you.
4. Dry the fish well with paper towels. Season the fish with **1 tsp salt** and ¼ **tsp pepper**, then cut into 3- to 5-cm strips. Dredge each piece of fish in the seasoned flour (shaking off any excess flour), then in the egg, then in the panko; place breaded fish pieces on the baking sheet.

Pan-fry fish:

5. In a large (30-cm) pan, heat the **oil** over medium-high.
(*To bake, see Tip below.*)

When the oil is hot but not smoking, reduce the heat to medium and fry the fish sticks on all four sides until golden and crisped, about 4 minutes per side. You may need to do this in batches; add more oil if needed.

Peas:

6. In a large pan, heat the **oil** over medium-low.
7. Add the **garlic** and cook, stirring continuously until fragrant, about 2 minutes, taking care not to burn it.
8. Add the **lemon zest** and some **red-pepper flakes**, and cook, stirring, until fragrant, about 2 minutes.

9. Add the **peas** and **1½ tsp salt**, stir to combine, then cook for 1 minute in the lemony oil.
10. Add **60 ml** water, increase the heat to medium and simmer, uncovered, stirring occasionally, until the peas are tender but not mushy and most of the water has been absorbed, 5 to 7 minutes. Taste and adjust seasoning.
11. Remove from the heat and stir in the **mint**.
12. Serve the fish sticks with the peas and tartar sauce, plus some lemon wedges to squeeze over the fish.

TIP

*To bake, heat the oven to **220°C**. Line a baking sheet with parchment paper. Prepare the fish sticks as above. Use a cooking spray or lightly brush the breaded fish sticks with olive oil. Bake the fish sticks on one side for about 12 to 14 minutes, then flip and bake for an additional 12 to 14 minutes, or until the fish is cooked through and the breading is crisp and golden brown.*