



Serves: 4

# Fish Nuggets With Sweet And Sour Dip

## Ingredients

- Fish fillet, cut into bite-sized nuggets 200g
- Lemon juice 1 tbsp
- Low-fat milk 6 tbsp\*
- Egg 1
- Yogurt 2 tbsp\*
- Salt & pepper, to taste
- Breadcrumbs, for coating

## SWEET AND SOUR SAUCE

- Tomato, quartered 1
- Chilli sauce 2 tbsp\*
- Tomato sauce 1 tbsp\*
- Lemon juice 1 tbsp
- Water  $\frac{3}{4}$  cup
- Sugar, to taste

\*Choose products with the Healthier Choice Symbol.

## Tips:

- Grilling or baking, instead of deep frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Milk and dairy products provide calcium, which is essential for healthy bone growth and development.

## Method

- Mix the egg, yogurt, lemon juice and milk. Add salt and pepper to taste.
- Dip the fish nuggets in the mixture, then coat with breadcrumbs.
- Place on a baking tray and bake till golden brown.
- Separately, mix ingredients for the sweet and sour dip in a pan and lightly stir fry till the tomato has softened.
- Serve the fish nuggets with dip on the side.

## Nutrition Information (Per Serving):

Energy 148kcal  
Carbohydrate 16.1g  
Protein 11.5g  
Total fat 4.2g  
Saturated fat 0.9g  
Cholesterol 71mg  
Dietary Fibre 1.0g  
Sodium 382mg