Posh Fish/Veggie Finger Sandwiches

Simple and easy to cook and assemble, and easy to do a vegetarian option

If using higher quality ingredients (e.g. larger “chunky” fish fingers and crusty bread) this can be very appetising despite its simplicity – pubs charge a fair bit for this meal!

Ingredients

- Large frozen fish fingers (and/or veggie fingers for a vegetarian alternative)
- Crusty bread
- Real butter or spreadable butter (reduced fat or unsalted options available)
- Parsley
- Lemons
- A choice of condiments: Ketchup, tartare sauce, hot sauce, pepper

Instructions

1. Fish fingers can be cooked en masse in the oven, usually within 30 mins (check packaging)
2. Butter bread
3. Serve on a plate with parsley and ¼ lemon (for vitamin C)
4. Make a range of condiments available
5. If concerns about salt intake, suggest additional salt not need as already present in the meal