

COLEY GOUJONS



Fish goujons always go down well with children. And once kids have learnt the skill of coating they can use it to coat other ingredients like chicken.

Add extra flavour to the flour or breadcrumbs with some crushed garlic or herbs, or maybe even a pinch of chilli flakes? Get creative!



Recipe & image supplied by the Seafish Authority:
www.fishisthedish.com

Skills Check (as appropriate for each Key Stage): Follow a recipe; follow food safety & hygiene rules; tidy away; crack an egg; beat an egg; use measuring spoons and cups; chop using bridge/claw safely; coat e.g. goujons; use the hob (with adult supervision).

Equipment: Measuring cups and spoons, 3 shallow bowls, fork, knife, chopping board, frying pan, serving plate.

Ingredients (serves 4):

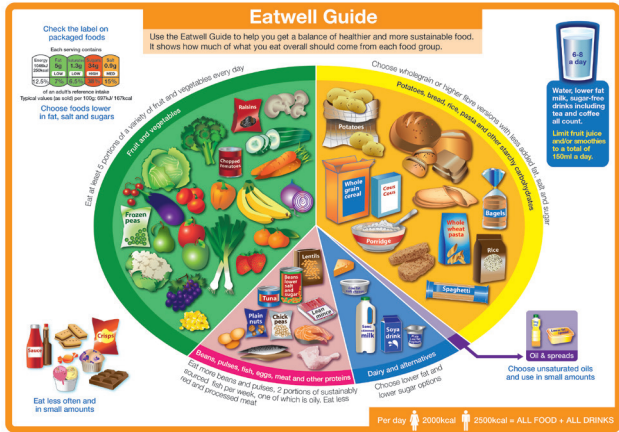
- 2 x 170g coley fillets (or any other firm white fish)
- 3 tbsp plain flour
- 2 eggs, beaten
- 6 cream crackers, crushed into crumbs
- 2 tbsp rapeseed oil

Method

1. Cut the coley fillets into goujon sizes chunks.
2. Put the flour, egg and cracker “breadcrumbs” into 3 separate shallow bowls. Coat the fish firstly in the flour, then the egg, and then the breadcrumbs.
3. Heat the oil in a frying pan and fry the goujons for about 15 minutes until golden.



COLEY GOUJONS Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Coley Goujons...

Coley is an excellent source of protein, as well as vitamins A and D. All white fish is low in fat and high in protein. Scientists recommend eating at least two portions of fish a week.

Cream Crackers are a good source of complex carbohydrates which give us energy.



Energy, sugar, fat and salt per serving

Per serving.

| | | |
|------------------|------------------|-----|
| ENERGY | 1029kJ / 245kcal | 12% |
| FAT | 10.5g | 15% |
| SATURATES | 1.8g | 9% |
| SUGARS | 0.2g | <1% |
| SALT | 0.4g | 7% |

% of an adult's reference intake
Typical values per 100g : Energy 936kJ / 223kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.