

Fish Sticks

Crispy homemade fish sticks with omega-3 rich salmon. Kid-friendly recipe that's baked, not fried. Perfect for meal prep and freezing.

10 min

PREP

20 min

COOK

30 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 4.4 lb salmon
- 2 egg
- 2 tsp chili flakes
- 2 tsp black pepper
- 1 tsp sea salt
- 0.6 lb bread
- 2 tbsp olive oil

Instructions

1 Prepare the fish

Cut the 4.4 lb fish into uniform strips about 4 inches long and 1 inch thick, creating approximately 16-20 fish sticks.

2 Set up coating stations

Beat 2 eggs in a shallow bowl with 2 tsp chili flakes, 2 tsp black pepper, and 1 tsp salt until well combined.

3 Process 0.6 lb bread with 2 tbsp oil in a food processor until the mixture forms fine, even crumbs.

4 Preheat oven

Preheat oven to 200°C (400°F) and line a large baking sheet with parchment paper.

5 Coat the fish sticks

Dip each fish strip first into the egg mixture, coating completely on all sides.

- 6 Roll each egg-coated fish stick in the breadcrumb mixture, pressing gently to ensure the coating adheres evenly.
- 7 **Bake the fish sticks**
Place coated fish sticks on the prepared baking sheet, spacing them 1 inch apart.
- 8 Bake for 15-20 minutes until the coating is golden brown and the fish flakes easily when tested with a fork.

Tips

Pat salmon completely dry before cutting to ensure the coating adheres properly and prevents soggy fish sticks.

Cut fish sticks uniformly (about 1-inch thick) to ensure even cooking throughout the batch.

Let coated fish sticks rest for 10 minutes before baking to help the coating set and stick better during cooking.

Use day-old bread for breadcrumbs as it processes more evenly and creates a better texture than fresh bread.

Line your baking sheet with parchment paper to prevent sticking and make cleanup easier.

Don't overcrowd the baking sheet - leave space between fish sticks for proper air circulation and even browning.

For extra crispy results, lightly spray the tops of fish sticks with cooking oil before baking.

Serve immediately after baking for the crispiest texture, as the coating can soften if left sitting too long.