

Herring in Oatmeal

SERVES 4

4 x 170g (6oz) herring fillets, trimmed
flour, for dusting
salt and black pepper
1/2 x 5ml spoon (1/2 teaspoon) dry
mustard powder
115g (4oz) porridge oats
1 egg, beaten with a little milk
vegetable oil. for frying



- 1 Dust the fish with the seasoned flour.
- 2 Mix the mustard powder and porridge oats together.
- 3 Dip the fillets in the beaten egg and coat in the oat mixture.
- 4 Heat the oil in a shallow non stick pan and cook the fish for 3-4 minutes on each side.
- 5 Serve immediately.