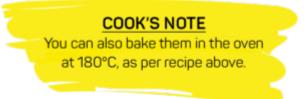
Less than 45 minutes Serves 4 Share Share on facebook Share on twitter Share on pinterest Share on whatsapp Share on email Ingredients: • 1 cup (125g) rolled

- 1 cup (125g) rolled oats
- $\frac{1}{2}$ cup (50g) sesame seeds
- Salt and milled pepper
- 1kg fresh hake fillets
- 2 eggs, whisked

For serving:

- Lemon juice
- 2 heads butter lettuce, leaves taken apart
- 1 cup (250ml) tzatziki
- 1 small cabbage, shredded
- Pickled red onions (click here for recipe)

Method



- 1. Blitz rolled oats in a food processor to create a coarse flour.
- 2. Combine oat flour and sesame seeds in a bowl and season.
- 3. Pat hake fillets dry with paper towel and cut into 5cm strips. Season well.
- 4. Dip fish strips into egg then into oat flour mixture, coating all sides well.

- 5. Repeat coating process once more.
- 6. Preheat air fryer to 200°C on the baking setting.
- 7. Place fish in the air fryer basket and cook for 7-10 minutes until golden.
- 8. Remove, drizzle with lemon juice and cool slightly.
- 9. Arrange lettuce leaves on serving plates.
- 10. Divide tzatziki, cabbage and fish fingers between lettuce cups.
- 11. Top with pickled red onions and serve.

Browse more air fryer recipes here.