

WHITING GOUJONS WITH GUACAMOLE & CHILLI SALT

SERVES 2

INGREDIENTS

2 250g whiting fillets
Handful plain flour
2 eggs, beaten
Handful breadcrumbs
1 ripe avocado
½ red chilli
1 lemon, juiced
Sunflower oil, for deep-frying
Pinch dried chilli



- Slice the whiting fillets into thin, finger-width strips. Lay out three plates; plain flour on one, beaten eggs on another and breadcrumbs on the third.
- Roll the whiting strips in the flour, then the egg and, finally, the breadcrumbs. Once all are coated, set aside in the fridge. This can be done up to 24 hours in advance.
- Prepare the guacamole by first peeling and removing the stone from the avocado. Then blitz it in a food processor with the chilli and lemon juice, until it reaches the consistency of a rough paste.
- Preheat the sunflower oil to 180°C/350°F in a large pan or deep-fat fryer. Deep-fry the coated whiting strips until golden-brown and cooked through.
- Serve immediately with the homemade guacamole and a small bowl of sea salt mixed with dried chilli.