



# Fish Sticks - The Ocean Crunch Treats

Hey there, cinnamon roll champs! Are you ready to make the most delicious and swirly sweet cinnamon rolls ever? Today, we're making Cinnamon Rolls - perfect for breakfast, snacks, or a fun treat. These swirly sweet treats are easy to make and super yummy. Let's get ready to mix, roll, and bake!

## Ingredients

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- Fishy Fillets (1 pound white fish fillets, like cod or tilapia, cut into sticks)
- Flour Power (1/2 cup all-purpose flour)
- Egggy Wash (2 eggs, beaten)
- Crunchy Crumbs (1 cup panko breadcrumbs)
- Ocean Spices (1 teaspoon garlic powder, 1 teaspoon onion powder, 1/2 teaspoon paprika, salt, and pepper to taste)
- Cooking Oil (for frying)
- Lemon Zest (1 lemon, cut into wedges) - optional

## Instructions

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- 1.Fishy Fillets:** Start by cutting the Fishy Fillets (white fish fillets) into sticks. Make sure they are all roughly the same size so they cook evenly.
- 2.Flour Power:** In a shallow dish, mix the Flour Power (flour) with the Ocean Spices (garlic powder, onion powder, paprika, salt, and pepper).
- 3.Egggy Wash:** In another shallow dish, beat the Egggy Wash (eggs) until smooth.
- 4.Crunchy Crumbs:** In a third shallow dish, place the Crunchy Crumbs (panko breadcrumbs).





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- 5.Coating Fun:** Dip each fish stick into the Flour Power, then into the Eggy Wash, and finally coat it with the Crunchy Crumbs. Make sure each piece is fully covered.
- 6.Heat the Oil:** In a large skillet, heat about 1 inch of Cooking Oil over medium-high heat. It's ready when a small piece of bread dropped into the oil sizzles.
- 7.Fry the Fish Sticks:** Carefully place the coated fish sticks into the hot oil. Fry them in batches for about 3-4 minutes on each side, or until they are golden brown and cooked through. Use a slotted spoon to remove them from the oil and place them on a paper towel-lined plate to drain excess oil.
- 8.Serve with Lemon Zest:** Arrange your Fish Sticks on a plate and serve with Lemon Zest (lemon wedges) for a zesty twist. Enjoy with your favorite dipping sauces like tartar sauce, ketchup, or ranch.

## Notes

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Hoory, little sailors! You've just made the most amazing Fish Sticks ever! These ocean crunch treats are perfect for any time and are sure to bring big smiles to everyone. Enjoy your fishy adventure and remember, the best part of cooking is the fun and love you put into it. Happy munching!

## Fun Tips

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**Cheesy Twist:** Add some grated parmesan cheese to the breadcrumbs for extra flavor. **Baked Option:** For a healthier twist, bake the fish sticks in a preheated oven at 400°F (200°C) for about 15-20 minutes, turning halfway through. **Spice It Up:** Add a dash of cayenne pepper or chili powder to the flour mixture for a spicy kick.



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