



Amanda Roe
— since 1916 —



PeaNuggets with mushy peas

So tasty and so simple to make and serve.

Ingredients:

600 g Amanda Roe
Mushy peas

Dip: flour, egg, and panko breadcrumbs.

- ▶ Cut the roe into 8 slices and cut each slice in half
- ▶ Place mushy peas on the top
- ▶ Dip in flour, egg and breadcrumb, making sure it is fully covered in breadcrumb
- ▶ Fry it until golden and crisp

Serve with fries and dip.

**THE IDEAL
SEAFOOD MEAL**

